

# Managing my Stress Programme



A stress management programme covering the following:

- Understanding and coping with stress
- Becoming your own stress therapist
- Moving beyond stress management

## Programme length:

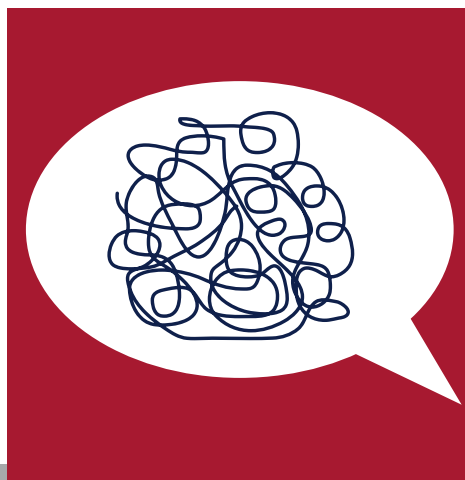
Four weeks – one two-hour session per week

Stress is a part of life. You can't avoid stress, but you can learn skills to manage it so it doesn't manage you.

This Stress Management Programme will empower you to learn what stress is, evaluate your own stress level, and apply the tools and skills to manage it in your own life. It is based on cognitive behavioural therapy.

This programme will help you become your own stress therapist and aid you in managing your own stress experience.

**#ManagingMyStress**



## Why stress???

- Stress has been labelled the "health epidemic" of the 21st century.
- More than 50% of employees feel that stress negatively impacts work productivity.
- More than 60% feel stressed frequently or sometimes.

*Contact me for more information:*

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through quality, impact, and care.*