

# STRESS MANAGEMENT Syllabus

2017



## Instructor Information

INSTRUCTOR	EMAIL	OFFICE LOCATION
VALLEY ANGER MANAGEMENT	Mike@Valleyangermanagement.com	19737 Ventura Blvd. # 200, Woodland Hills, CA 91364

## General Information for Board of Registered Nursing

### Description

One of our highly trained counselors will meet with you in a one-on-one setting and assess your needs during the intake session. The counselor will help you discover your needs, goals and values while guiding your progress in your stress management class. It is important to know the reasons behind why we feel stressed and how to prevent stress interfere with daily activities and our relationships. Valley Anger Management's Stress Management Program teaches you how to use stressors as motivation, instead of allowing stress to be destructive to your way of life. As we learn to manage stressors and the stress caused by them we become better communicators and live happier lives.

### 3 Hours Course

- Stress and Stressors
- Problem Solving (Critical Thinking, Process of Problem Solving, Identifying Problems, Developing Solutions)
- Communicating stress (Destructive Interactions)
- Solutions to Stress

### Extra Hours If needed:

- Time Management; Good & Bad stress management
- Transforming Stress
- Workplace Stress
- Healthy Living Through Self-Discovery
- Stress Reduction Techniques and Therapies

Should you have any further questions, comments, information, please contact me at

818-704-8116.

Respectfully,

Shohreh Azima, D.CON.S., LMFT., CDVF.

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