



Stress Management

SEHG-PD-8243 · Business · approx. 10 min seat time · English · 100% online, self-paced

Accreditation & industry alignments: none verified on record — institutional accreditor mapping pending

COURSE DESCRIPTION

Welcome to the Stress Management workshop. Positive and negative stress is a constant influence on all of our lives. The trick is to maximize the positive stress and to minimize the negative stress. This workshop will give participants a three-option method for addressing any stressful situation, as well as a toolbox of personal skills, including using routines, relaxation techniques, and a stress log system.

WHO THIS COURSE IS FOR

Working professionals, team leads, and career-changers who want practical, job-ready Business skills — no prior coursework required. Teams and organizations can enroll groups for consistent, measurable upskilling.

SKILLS & LEARNING OUTCOMES

Upon completion, the student will be able to:

- Identify the best approach to a stressful situation (Alter, Avoid, or Accept)
- Understand what lifestyle elements you can change to reduce stress
- Use routines to reduce stress
- Use environmental and physical relaxation techniques
- Better cope with major events
- Use a stress log to identify stressors and create a plan to reduce or eliminate them

WHAT'S INCLUDED

- 1 clock hour(s) of self-paced online learning
- 13 course modules
- 10 instructional videos — 10 minutes of total video runtime
- This syllabus (PDF), downloadable for reference
- Official SEHG Certificate of Completion upon finishing the course
- Language editions: English

Delivered 100% online and self-paced in the SEHG learning platform. This section lists the materials currently delivered for this course.

MODULE MAP

- **Module 1 — Introduction**
 - Course Objectives
- **Module 2 — Understanding Stress**
 - What is Stress?
 - What is Eustress?
 - Understanding the Triple "A" Approach
- **Module 3 — Creating a Stress-Reducing Lifestyle**
 - Eating Properly

- Exercising Regularly
- Sleeping Well
- **Module 4 — Altering the Situation**
 - The First A
 - Identifying Appropriate Situations
 - Creating Effective Actions
- **Module 5 — Avoiding the Situation**
 - The Second A
 - Identifying Appropriate Situations
 - Creating Effective Actions
- **Module 6 — Accepting the Situation**
 - The Third A
 - Identifying Appropriate Situations
 - Creating Effective Actions
- **Module 7 — Using Routines to Reduce Stress**
 - Planning Meals
 - Organizing Chores
 - Using a To-Do List
- **Module 8 — Environmental Relaxation Techniques**
 - Finding a Sanctuary
 - Using Music
 - Seeing the Humor
- **Module 9 — Physical Relaxation Techniques**
 - Soothing Stretches
 - Deep Breathing
 - Tensing and Relaxing
 - Meditation
- **Module 10 — Coping With Major Events**
 - Establishing a Support System
 - Creating a Plan
 - Knowing When to Seek Help
- **Module 11 — Our Challenge to You**
 - Creating a Stress Log
 - Week One: Recording Events
 - Week Two: Identifying Stressors and Creating a Plan
 - Week Three: Creating New Habits
 - Reviewing and Evaluating
- **Module 12 — Assessment**
- **Module 13 — Wrapping Up**
 - Course Summary

COMPLETION & CERTIFICATION

Completion-based: a certificate of completion is issued after all course videos have been viewed.
The certificate of completion is non-credit. This course does not currently carry academic credit or CEUs.

OFFICIAL SEHG CERTIFICATE

Graduates receive the official Synergy University Education Certificate of Completion — issued by the Office of the Registrar with a unique credential ID, shareable to LinkedIn and verifiable online.

Every certificate carries a unique credential ID — verify at:

SynergyEducation.AI/verify

SUPPORT, ACCESS & POLICIES

- Support: CEO@SynergyEducation.AI
- Accessibility: ADA/WCAG 2.1 AA-first delivery; accommodations available on request.
- Academic integrity and refund policies: per SEHG student handbook.

Enroll Today

Tuition per learner (Essentials tier) — enroll online with the course code below.

\$49 · SEHG-PD-8243 · SynergyEducation.AI

Also available: instructor-led workshop kits for teams — in-person training agendas, playbooks, and facilitator materials built on this course. Contact CEO@SynergyEducation.AI.