



Happiness-centric...

# META MIND STRESS MANAGEMENT

RELAX & ENJOY

"Stress cannot harm us if we know how to manage it well."

-Avinash Ananda

## WHY

this program



Our world is in a constant state of flux due to continuing progress in technologies, rapid urbanization, increasing globalization, changing work ethics, global calamities and a Niagara of information. Research suggests that most individuals find the behavioral adjustment to changes and challenges very stressful, and that stress is related to heart disease, ulcers, high blood pressure, blood sugar imbalances, weakening of the immune system, impaired thinking and psychological illnesses. Furthermore, stress at work contributes to absenteeism, low level performance, decline in problem solving ability, number of accidents, and addiction cases. Sustained high levels of cortisol (the stress hormone) also directly and adversely affects performance in all areas of life.

This training program offers insights, techniques, and a fitness program that enables you to be more effective at both personal and professional levels by helping you to manage stress effectively. It also aims at teaching you how to be more 'mindful' and how to improve the quality of your life by focusing and living optimally in the 'now', the Meta Mind Way.

## YOU

will learn



- The concept of stress
- Harmful effects of stress
- How to detect the common causes of stress
- How to assess your personal stress levels
- How to train your brain to deal effectively with stress
- How to recognize the symptoms of stress in yourself and others
- Meta Mind Stress Management Model™
- How to deal with pressure and stress effectively
- How to exercise for keeping your body and mind fit, agile, and alert
- To understand the importance of your energy boosters
- How to make changes in your behavior to better cope with stress
- How to live more in the 'Now': Mindfulness
- The role of self-hypnosis and positive self-talk in stress management
- Meta Mind Meditation™: the gentle art of relaxation
- Stress as a source of energy - turning anxiety into positive feelings

