# Let’s control stress, not let it control us

Course code: KORSTRES

Are you experiencing a period of prolonged pressure and mental overload? Do you feel that an excessive number of demands and responsibilities are being placed upon you—demands that cannot realistically be managed within the given time frame or under current circumstances? Are you facing constant expectations of immediate responses, while your basic needs, such as regular meals or sufficient sleep, are being neglected? At the same time, the body sends out clear warning signals, which are often ignored in an effort to “push through” and manage the situation a little longer. Such a state, however, is not sustainable in the long term. At this stage, it is essential to consciously interrupt the existing pace, reassess priorities, and allow yourself the space to pause—before more serious physical or psychological consequences occur.

## Who is the course for

For anyone interested in personal development, employees, department heads, and managers.

## What we teach you

The aim of the seminar is to explain what stress is, where it “comes from,” and how to make it work for us rather than against us. Participants will learn how to recognize their emotions and how to respond appropriately in emotionally demanding situations. Through practical tips and effective tools, we will not only bring immediate calming of the mind into everyday life, but also learn how to set and maintain the mindset of “wanting what we have and having what we want” in order to preserve overall life balance. Because breathing, mindfulness, kindness, and gratitude can do (much) more than we can imagine.

## Teaching materials

Gopas guide book for this course.

## Course outline

- What stress is, its manifestations, causes, and stressors
- Self-awareness and understanding one’s own situations
- Tips for managing acute stress
- Burnout syndrome prevention
- Tools for mental hygiene and energy renewal to maintain long-term overall vitality

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