



# The Public Safety Group

## **STRESS: IT'S ALL IN YOUR HEAD**

Public Safety Communications professionals work in one of the most stressful jobs in the world. This motivational three-week course will teach you how to deal with your job-related stress as well as how to deal with stress at home. Stress can take a terrible toll on your job performance and your health. If you are going to continue to perform your job at the highest level, you need to learn effective techniques for managing your stressors.

### **PREREQUISITES:**

None

### **BENEFITS OF TAKING THIS COURSE:**

After taking this course, you will be able to:

- Take an active role in the management of stress in your life
- Identify and deal with sources of stress
- Understand what modern medicine knows and doesn't know about healthy living
- Understand the effects of critical incident stress and how to survive a critical incident
- Realize the many benefits of reduced stress in your life

### **WHAT YOU WILL RECEIVE:**

- The ability to interact with your peers – discover common problems – find out what's working for them – share information and materials – build a support network of friends in like positions
- One-on-one mentoring - feedback and assistance from your instructor as you learn how to better manage job-related stress and stress at home
- Certificate of Completion awarding **2 CEUs** upon successful completion of the course

### **COURSE OUTLINE:**

#### **Week 1: What is Stress?**

Definition of Stress  
Stress Reaction of the Body  
Sources of Stress

#### **Week 2: Stress Management**

Modern Medicine and Healthy Living  
Techniques for Stress Management  
Determining Your Strategy for Stress Management

#### **Week 3: Critical Incident Stress**

Effects of Critical Incident Stress  
How to Survive a Critical Incident  
Course Wrap-Up and Final Exam

**TUITION:**

**\$169.00** – includes all course materials

**2011 COURSE SCHEDULE:**

The course is taught over 3 weeks via PEI-911 Online.

Month	Course Start Date	Course End Date
September 2011	Monday, September 26, 2011	Sunday, September 16, 2011
November 2011	Monday, November 28, 2011	Sunday, December 18, 2011

**You can register on our registration page**