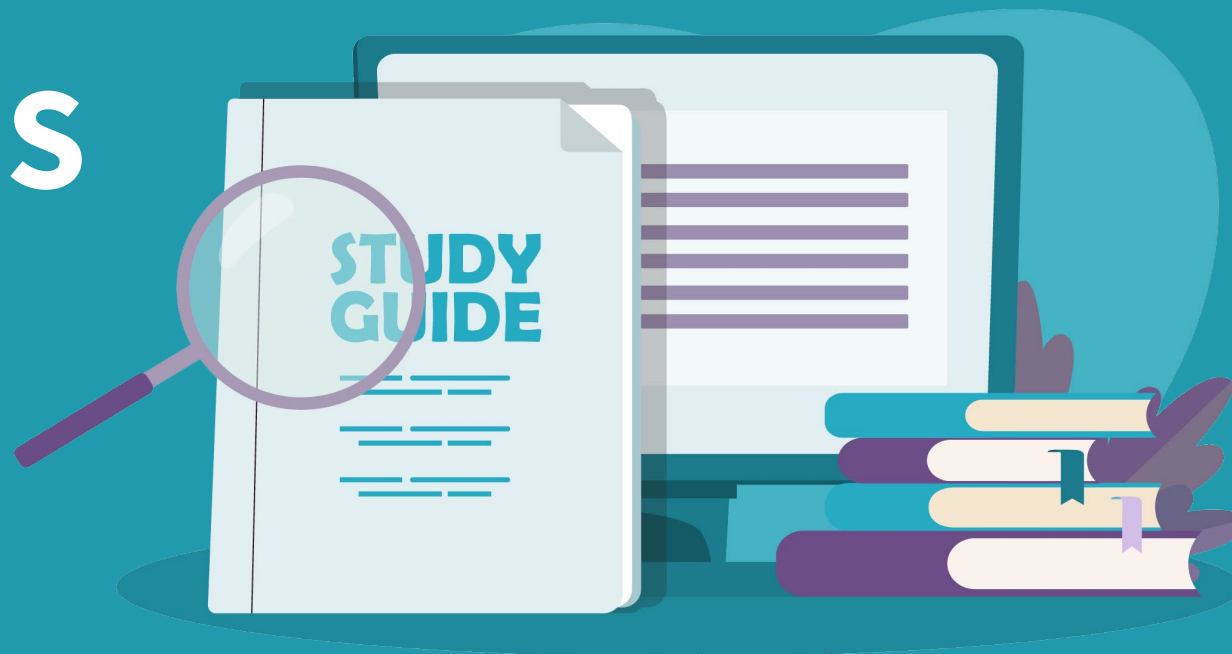


# ADVANCED STRESS MANAGEMENT ADVISOR STUDY GUIDE



Advisory and Client-Focused Certification

## Notes to get you started

- ✓ You can use this structured Advanced Stress Management Advisor Study Guide as a roadmap to complete this certification in 12 weeks and start making a difference.
- ✓ On average you will need to invest about 7.5 hours per week to complete this 90 hour CPD certification in 12 weeks.
- ✓ Some weeks may have more or less study hours (generally between 5 to 10 hours per week).
- ✓ Depending on your education level, background, time reading optional materials, and time working with practice clients you may spend more or less time than predicted.
- ✓ On the weeks with less hours, you may want to continue studying the following modules listed in the upcoming week.

Need additional assistance?

[Contact Learner Services](#)

# Advanced Stress Management Advisor Month 1

## Week 1

Approx. 5 hours

### Modules 0, 1, 2

- Stress Management Advisor Introduction
- Skills Lab™: What is your goal?
- Skills Lab™: How stressed do you think you are?
- What does “stress” actually mean?
- Skills Lab™: How anxious are you?
- Anxiety and stress: Same or different

➤ Start looking for practice clients

## Week 2

Approx. 7.5 hours

### Modules 3, 4

- Skills Lab™: What has changed in your life recently?
- Understanding the changes in life
- When is a stimulus really a stressor?
- Understanding the science behind stress
- SAM, HPA, and the GBA: our friends or enemies?
- Can we blame our genes for feeling stressed?

## Week 3

Approx. 8.5 hours

### Modules 5, 6

- Understanding post-traumatic stress disorder
- Linking PTSD with the stress response
- How we view stress: does it matter?
- Skills Lab™: How do you deal with difficult circumstances?
- Coping mechanisms for tough times
- Skills Lab™: What are you avoiding?
- Building stress resilience

## Week 4

Approx. 8.5 hours

### Module 7, 8

- Skills Lab™: Are you a positive thinker?
- Can affirmations reduce the ANTs in your house?
- Skills Lab™: Can you replace the ANTs in your house with PATs?
- Skills Lab™: Is overthinking causing you distress?
- What’s so bad about thinking?
- The consequences of overthinking
- Is it possible to limit rumination?
- Skills Lab™: Monitoring your negative thinking

# Advanced Stress Management Advisor Month 2

## Week 5

Approx. 7.5 hours

### Module 9, 10

- Skills Lab™: Do you have a fixed or a growth mindset?
- How can a mindset impact stress levels?
- Emotions and Feelings: Burden, Blessing or Both?
- Skills Lab™: How would you rate your emotional literacy?
- The science of emotional regulation
- Skills Lab™: How emotionally intelligent are you?
- Why does emotional intelligence matter?
- Skills Lab™: How can you improve your emotional intelligence

## Week 6

Approx. 10.5 hours

### Modules 11, 12

- Skills Lab™: Is your positivity/negativity level imbalanced?
- Creating a bias towards positivity
- Skills Lab™: How affectionate are you towards yourself?
- Is there a scientific side to compassion?
- Skills Lab™: How optimistic are you?
- Optimism: Decreasing anxiety or increasing irrationality?
- Skills Lab™: Do you hope for the best?
- Is it possible to wish your tension away?
- Skills Lab™: How thankful are you?
- The power of gratitude

## Week 7

Approx. 11 hours

### Module 13, 14

- Skills Lab™: Are you burning out?
- Who is at risk for work burnout?
- Skills Lab™: How attached are you to work email?
- Is work making you ill?
- Cultivating a healthy, productive organisation
- Skills Lab™: How angry are you?
- Managing anger before it becomes toxic
- Can mental anger put our physical health at risk?
- Skills Lab™: Do you know what triggers your anger?
- Turning workplace anger into performance

## Week 8

Approx. 7 hours

### Module 15, 16

- Is it possible to be too tense to conceive?
- Skills Lab™: How are you handling your pregnancy?
- Anxiety during pregnancy: impact on the child?
- Skills Lab™: Is parenting stressing you out?
- Children of anxious parents
- Keeping calm through movement?
- How does the body react to being active?

# Advanced Stress Management Advisor Month 3

## Week 9

Approx. 8 hours

### Modules 17, 18

- Skills Lab™: How poorly do you sleep?
- Breaking the stress-sleep cycle
- The consequences of going against your circadian rhythms
- Skills Lab™: What is your perfect sleep environment?
- Skills Lab™: Are you an emotional eater?
- The psychology of emotional eating
- Making happy molecules with food

## Week 10

Approx. 8.5 hours

### Modules 19, 20, 21

- Making friends with your gut
- The hunger-stress-gut connection
- Blood sugar balance and essential fatty acids
- Vitamins, minerals, and herbs for stress resilience
- What are the major types of stress?
- Are you suffering from “too much to do, too little time”?
- Skills Lab™: How can you make the most of your time?

## Week 11

Approx. 6 hours

### Modules 22, 23

- Does being startled make you alert or put you on edge?
- Do you worry about the future?
- Skills Lab™: How well do you cope in social settings?
- What if interacting with people causes stress?
- Social skills to reduce unease
- Skills Lab™: Can you rehearse being social?

## Week 12

Approx. 2 hours

### Modules 24

- Dos, don'ts, and must dos
  - Professional, legal, insurance, and tax considerations
  - ✓ Review your course materials and prepare for your final exam.
- Good luck!

➤ Start looking for paying clients