

Advanced Stress Management Advisor™

Advisory and Client-Focused Certification

Certification Curriculum



Summary Certification Overview

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2	The uncertainty of anxiety	14	Managing toxic anger
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6	Appraisal, coping, and resilience	18	Emotional eating science
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Stress Management Advisor

Unit	Content
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2	Skills Lab™: What is your goal?
3	Skills Lab™: How stressed do you think you are?
4	What does “stress” actually mean?
5	Skills Lab™: How anxious are you?
6	Anxiety and stress: Same or different
7	Skills Lab™: What has changed in your life recently?
8	Understanding the changes in life
9	When is a stimulus really a stressor?
10	Understanding the science behind stress

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Unit	Content
11	SAM, HPA, and the GBA: our friends or enemies?
12	Can we blame our genes for feeling stressed?
13	Understanding post-traumatic stress disorder
14	Linking PTSD with the stress response
15	How we view stress: does it matter?
16	Skills Lab™: How do you deal with difficult circumstances?
17	Coping mechanisms for tough times
18	Skills Lab™: What are you avoiding?
19	Building stress resilience
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Unit	Content
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22	Skills Lab™: Can you replace the ANTs in your house with PATs?
23	Skills Lab™: Is overthinking causing you distress?
24	What's so bad about thinking?
25	The consequences of overthinking
26	Is it possible to limit rumination?
27	Skills Lab™: Monitoring your negative thinking
28	Skills Lab™: Do you have a fixed or a growth mindset?
29	How can a mindset impact stress levels?
30	Emotions and Feelings: Burden, Blessing or Both?

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Unit	Content
31	Skills Lab™: How would you rate your emotional literacy?
32	The science of emotional regulation
33	Skills Lab™: How emotionally intelligent are you?
34	Why does emotional intelligence matter?
35	Skills Lab™: How can you improve your emotional intelligence
36	Skills Lab™: Is your positivity/negativity level imbalanced?
37	Creating a bias towards positivity?
38	Skills Lab™: How affectionate are you towards yourself?
39	Is there a scientific side to compassion?
40	Skills Lab™: How optimistic are you?

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Unit	Content
41	Optimism: Decreasing anxiety or increasing irrationality?
42	Skills Lab™: Do you hope for the best?
43	Is it possible to wish your tension away?
44	Skills Lab™: How thankful are you?
45	The power of gratitude
46	Skills Lab™: Are you burning out?
47	Who is at risk for work burnout?
48	Skills Lab™: How attached are you to work email?
49	Is work making you ill?
50	Cultivating a healthy, productive organisation

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Unit	Content
51	Skills Lab™: How angry are you?
52	Managing anger before it becomes toxic
53	Can mental anger put our physical health at risk?
54	Skills Lab™: Do you know what triggers your anger?
55	Turning workplace anger into performance
56	Is it possible to be too tense to conceive?
57	Skills Lab™: Are you feeling anxious during your pregnancy?
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59	Skills Lab™: Are you an anxious parent?
60	Children of anxious parents

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Unit	Content
61	Keeping calm through movement?
62	How does the body react to being active?
63	Skills Lab™: How poorly do you sleep?
64	Breaking the stress-sleep cycle
65	The consequences of going against your circadian rhythms
66	Skills Lab™: What is your perfect sleep environment?
67	Skills Lab™: Are you an emotional eater?
68	The psychology of emotional eating
69	Making happy molecules with food
70	Making friends with your gut

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Unit	Content
71	The hunger-stress-gut connection
72	Blood sugar balance and essential fatty acids
73	Vitamins, minerals, and herbs for stress resilience
74	What are the major types of stress?
75	Are you suffering from “too much to do, too little time”?
76	Skills Lab™: How can you make the most of your time?
77	Does being startled make you alert or put you on edge?
78	Do you worry about the future?
79	Skills Lab™: How well do you cope in social settings?
80	What if interacting with people causes stress?

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Unit	Content
81	Social skills to reduce unease
82	Skills Lab™: Can you rehearse being social?
83	Dos, don'ts, and must dos
84	Professional, legal, insurance, and tax considerations

0. Advisory Fundamentals

Unit	Here's what you'll learn	Extra support material
0.1 Stress Management Advisor Introduction	<ul style="list-style-type: none">▪ A journey of scientific discovery▪ Learning advanced science▪ How common is it?▪ Scope of this training	<ul style="list-style-type: none">▪ Stress Management Success Map™
0.2 Skills Lab™: What's your goal?	<ul style="list-style-type: none">▪ The course ahead▪ Stress Management Advisor Role▪ The aim of this certification▪ What else will you learn?▪ From knowledge to practice▪ More about your course materials▪ Introducing the Stress Management Success Map™▪ Setting up your practice▪ Tell us your goals▪ Let's start at the very beginning	<ul style="list-style-type: none">▪ Personal Strategy Questionnaire (What's your goal?)

1. The truth about stress?

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: How stressed do you think you are?</p> <p>1.2 What does “stress” actually mean?</p>	<ul style="list-style-type: none">▪ Can you “see” stress?▪ Spotting feelings of stress▪ Glimpse into handling difficulties▪ Impact of demanding events▪ When to use this assessment?▪ Perceived Stress Assessment™▪ Let's see a real client example▪ Perceived Stress Assessment™ example▪ High or moderate perceived stress?▪ Building resilience▪ Tracking your client's progress▪ Practical Assignment▪ Does pressure affect your health?▪ How do you define stress?▪ Why is it difficult to define stress?▪ Disciplines define stress differently▪ Is stress always negative?	<ul style="list-style-type: none">▪ Perceived Stress Assessment™▪ Practical Assignment▪ My Stress Warning Signs Checklist™▪ Test Your Knowledge Exercises

1. The truth about stress?

Unit	Here's what you'll learn	Extra support material
<p>1.1 Skills Lab™: How stressed do you think you are?</p> <p>1.2 What does “stress” actually mean?</p>	<ul style="list-style-type: none">▪ Negative or positive?▪ Pressure vs performance▪ Dancing mice▪ Preferring the white tunnel▪ How do we respond?▪ Introducing the cognitive triad▪ Is it short or long term?▪ How long is “long”?▪ Acute stress worsens chronic stress?▪ Flipping between acute and chronic?▪ Stresses that ease off other stresses?▪ Are these signs of stress?▪ Completing the checklist▪ My Stress Warning Signs Checklist™▪ Are anxiety and stress the same?	<ul style="list-style-type: none">▪ Perceived Stress Assessment™▪ Practical Assignment▪ Test Your Knowledge Exercises

2. The uncertainty of anxiety

Unit	Here's what you'll learn	Extra support material
<p>2.1 Skills Lab™: How anxious are you?</p> <p>2.2 Anxiety and stress: Same or different</p>	<ul style="list-style-type: none">▪ What is anxiety?▪ Temporary state, or permanent trait?▪ Anxiety Assessment™▪ Let's see a real client example!▪ Presently Anxious Assessment™ example▪ Understanding your client's scores▪ Decreasing anxiety▪ Tracking your client's progress▪ Practical Assignment▪ Does anxiety equal stress?▪ My Anxiety Symptom Checklist™▪ Does anxiety equal fear?▪ A state or a trait?▪ Anxiety types explained▪ A sensitivity to anxiety?▪ How common is anxiety?▪ What are the main anxiety disorders?	<ul style="list-style-type: none">▪ Anxiety Assessment™▪ Presently Anxious Assessment™▪ Generally Anxious Assessment™▪ Practical Assignment▪ My Anxiety Symptom Checklist™▪ Panic Attack Symptom Checklist™▪ Test Your Knowledge Exercises

2. The uncertainty of anxiety

Unit	Here's what you'll learn	Extra support material
<p>2.1 Skills Lab™: How anxious are you?</p> <p>2.2 Anxiety and stress: Same or different</p>	<ul style="list-style-type: none">▪ Anxiety disorders explained▪ Fearing a panic attack?▪ The panic attack cycle▪ Panic Attack Symptom Checklist™▪ Does anxiety equal depression?▪ Why is uncertainty disruptive?▪ ACTing the role▪ Effect on productivity?▪ What's next?	<ul style="list-style-type: none">▪ Anxiety Assessment™▪ Presently Anxious Assessment™▪ Generally Anxious Assessment™▪ Practical Assignment▪ My Anxiety Symptom Checklist™▪ Panic Attack Symptom Checklist™▪ Test Your Knowledge Exercises

3. In the face of difficulty: Challenges vs stressors

Unit	Here's what you'll learn	Extra support material
<p>3.1 Skills Lab™: What has changed in your life recently?</p> <p>3.2 Understanding the changes in life</p> <p>3.3 When is a stimulus really a stressor?</p>	<ul style="list-style-type: none"> ▪ What has changed? ▪ Life-changing events ▪ Why look at life changes? ▪ It's not all negative ▪ Life-Changing Events Assessments™ ▪ Let's see a real client example! ▪ Life-Changing Events Assessments™ example ▪ Starting point ▪ Individual viewpoint ▪ Information gathering ▪ Investigating Impact Guide™ ▪ Difficulty or challenge? ▪ Practical assignment ▪ So far... ▪ What is coming up? ▪ Do social events lead to illness? ▪ Ranking life change units 	<ul style="list-style-type: none"> ▪ Life-Changing Events Assessments™ ▪ Home and Family Assessment™ ▪ Personal and Social Assessment™ ▪ Work and Financial Assessment™ ▪ Health Event Assessment™ ▪ Investigating Impact Guide™

3. In the face of difficulty: Challenges vs stressors

Unit	Here's what you'll learn	Extra support material
<p>3.1 Skills Lab™: What has changed in your life recently?</p> <p>3.2 Understanding the changes in life</p> <p>3.3 When is a stimulus really a stressor?</p>	<ul style="list-style-type: none"> ▪ What are life-changing events? ▪ More challenges = more illness? ▪ It's not just mental disorders ▪ Outdated or still in use? ▪ Rescue workers and volunteers? ▪ Expectant mothers too? ▪ Is a checklist the best test? ▪ Are laid off workers more anxious? ▪ The start of narrative interviews ▪ Conducting a narrative interview ▪ Describe a distressing event ▪ The 10 areas explored ▪ Checklists or narrative? ▪ Limiting misinterpretation? ▪ Too time consuming? ▪ Combining techniques ▪ Your course material 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises ▪ Your Key Takeaways

3. In the face of difficulty: Challenges vs stressors

Unit	Here's what you'll learn	Extra support material
<p>3.1 Skills Lab™: What has changed in your life recently?</p> <p>3.2 Understanding the changes in life</p> <p>3.3 When is a stimulus really a stressor?</p>	<ul style="list-style-type: none">▪ Viewpoint matters▪ From stimuli to stressors▪ Stimulus or stressor? Who decides?▪ The process of appraisal▪ The 2 types of stressors▪ Different source, different reaction?▪ Overloading the system?▪ Causing wear and tear?▪ Stress and allostatic overload▪ Allostasis vs allostatic overload▪ 4 steps to allostatic overload▪ Feeling overwhelmed?▪ What is the goal?▪ Next up...	<ul style="list-style-type: none">▪ Test Your Knowledge Exercises▪ Your Key Takeaways

4. S.O.S. = Science Of Stress

Unit	Here's what you'll learn	Extra support material
4.1 Understanding the science behind stress	<ul style="list-style-type: none">▪ S.O.S. = Science Of Stress▪ You're walking down an alleyway...▪ Emotions and the limbic system▪ What structures are in the limbic system?	<ul style="list-style-type: none">▪ Test Your Knowledge Exercises
4.2 SAM, HPA, and the GBA: our friends or enemies?	<ul style="list-style-type: none">▪ Left and right, working together▪ Understanding a threat▪ Who is the command centre?▪ Without conscious thought?	<ul style="list-style-type: none">▪ Your Key Takeaways
4.3 Can we blame our genes for feeling stressed?	<ul style="list-style-type: none">▪ Balancing the nervous system▪ The autonomic nervous system▪ Fight, flight, or freeze?▪ Pathway to stress▪ Introducing HPA, SAM, and the GBA▪ Fast reactions = fast responses?▪ Which hormones are released?▪ Short-term stress response▪ Epinephrine and its backup	<ul style="list-style-type: none">▪ Video

4. S.O.S. = Science Of Stress

Unit	Here's what you'll learn	Extra support material
4.1 Understanding the science behind stress	<ul style="list-style-type: none">▪ Hormones activating the HPA?▪ Regulating blood pressure?▪ The activated HPA axis▪ Importance of a pea-sized gland	<ul style="list-style-type: none">▪ Test Your Knowledge Exercises
4.2 SAM, HPA, and the GBA: our friends or enemies?	<ul style="list-style-type: none">▪ Who is the “stress hormone”?▪ Fluctuating cortisol levels▪ Your morning dose of cortisol▪ Within and between individuals	<ul style="list-style-type: none">▪ Your Key Takeaways
4.3 Can we blame our genes for feeling stressed?	<ul style="list-style-type: none">▪ Turning it off?▪ What is the GBA?▪ Connecting the brain to the gut▪ No gut bacteria = stress?▪ Lower vagal activity▪ Finding the off switch▪ Future directions▪ Genetic or environmental influence?▪ Are there “anxious” genes?	<ul style="list-style-type: none">▪ Video

4. S.O.S. = Science Of Stress

Unit	Here's what you'll learn	Extra support material
<p>4.1 Understanding the science behind stress</p> <p>4.2 SAM, HPA, and the GBA: our friends or enemies?</p> <p>4.3 Can we blame our genes for feeling stressed?</p>	<ul style="list-style-type: none">▪ Genes behind trait anxiety▪ Who is the happy hormone?▪ Transporting serotonin▪ More serotonin, or more transporters?▪ The serotonin transporter gene▪ Are we doomed by our genes?▪ Keeping anxiety genes quiet▪ Introducing epigenetics▪ Early adversity and methylation▪ Lower methylation from CBT?▪ Genetics and the environment▪ Attentive parenting?▪ Effects of maternal attention▪ Impacting the baby?	<ul style="list-style-type: none">▪ Test Your Knowledge Exercises▪ Your Key Takeaways▪ Video

5. Unlinking fear from trauma

Unit	Here's what you'll learn	Extra support material
<p>5.1 Understanding post-traumatic stress disorder</p> <p>5.2 Linking PTSD with the stress response</p>	<ul style="list-style-type: none">▪ What is PTSD?▪ Top risk factors of PTSD▪ Estimating PTSD risk▪ Prevalence of PTSD in Europe▪ How is PTSD diagnosed?▪ DSM-5 criterion for PTSD▪ PTSD Symptom Checklist™▪ Is it ASD or PTSD?▪ Does ASD always lead to PTSD?▪ Factors involved in PTSD risk▪ Importance of the mental state▪ Media exposure and anxiety?▪ Anxious after traumatic exposure?▪ Common Reactions to Trauma Guide™▪ What next?▪ What biological changes occur?▪ Exaggerated inhibition?	<ul style="list-style-type: none">▪ PTSD Symptom Checklist™▪ Common Reactions to Trauma Guide™▪ Breathing Retraining Exercise™▪ Test Your Knowledge Exercises

5. Unlinking fear from trauma

Unit	Here's what you'll learn	Extra support material
<p>5.1 Understanding post-traumatic stress disorder</p> <p>5.2 Linking PTSD with the stress response</p>	<ul style="list-style-type: none">▪ Failure to regulate the stress response▪ Is there an influence on the gut?▪ A genetic effect?▪ Strategies for symptom reduction▪ What are trauma-focused therapies?▪ Creating a safe environment▪ Things to watch out for▪ What is breathing retraining?▪ Beneficial or not?▪ Breathing Retraining Exercise™▪ All about perspective?	<ul style="list-style-type: none">▪ PTSD Symptom Checklist™▪ Common Reactions to Trauma Guide™▪ Breathing Retraining Exercise™▪ Test Your Knowledge Exercises

6. Appraisal, coping, and resilience

Unit	Here's what you'll learn	Extra support material
<p>6.1 How we view stress: does it matter?</p> <p>6.2 Skills Lab™: How do you deal with difficult circumstances?</p> <p>6.3 Coping mechanisms for tough times</p> <p>6.4 Skills Lab™: What are you avoiding?</p> <p>6.5 Building stress resilience</p>	<ul style="list-style-type: none"> ▪ The importance of a viewpoint ▪ Theories become models ▪ Lazarus' transactional model ▪ Speaking a different dialect ▪ Appraising stress? ▪ A stimulus or a threat? ▪ Irrelevant, desirable, or undesirable? ▪ Can the problem be solved? ▪ What about strong emotions? ▪ Taking emotion into consideration ▪ Linking emotion and behaviour ▪ Where do emotions come from? ▪ Opposing or overlapping theories? ▪ How important is this exam? ▪ Analysing bad behaviour ▪ Dealing with exam pressure ▪ Reappraising brain activity 	<ul style="list-style-type: none"> ▪ Coping Style Evaluation™ ▪ Top 3 Coping Mechanisms Descriptor™ ▪ Coping with Avoidance Workbook™ ▪ Practical Assignments ▪ Test Your Knowledge Exercises

6. Appraisal, coping, and resilience

Unit	Here's what you'll learn	Extra support material
<p>6.1 How we view stress: does it matter?</p> <p>6.2 Skills Lab™: How do you deal with difficult circumstances?</p> <p>6.3 Coping mechanisms for tough times</p> <p>6.4 Skills Lab™: What are you avoiding?</p> <p>6.5 Building stress resilience</p>	<ul style="list-style-type: none"> ▪ Appraisal leads to coping ▪ How well do you cope? ▪ Uncovering our core mechanisms ▪ What's your typical reaction? ▪ Coping Style Evaluation™ ▪ Top 3 Coping Mechanisms Descriptor™ ▪ Let's see a real client example! ▪ Coping Style Evaluation™ example ▪ Top 3 Coping Mechanisms Descriptor™ example ▪ How does your client cope? ▪ Practical Assignment ▪ How do people cope? ▪ Problem or emotion? ▪ Folkman and Lazarus on coping ▪ Are there other ways of grouping? ▪ Structure of coping framework 	<ul style="list-style-type: none"> ▪ Coping Style Evaluation™ ▪ Top 3 Coping Mechanisms Descriptor™ ▪ Coping with Avoidance Workbook™ ▪ Practical Assignments ▪ Test Your Knowledge Exercises

6. Appraisal, coping, and resilience

Unit	Here's what you'll learn	Extra support material
<p>6.1 How we view stress: does it matter?</p> <p>6.2 Skills Lab™: How do you deal with difficult circumstances?</p> <p>6.3 Coping mechanisms for tough times</p> <p>6.4 Skills Lab™: What are you avoiding?</p> <p>6.5 Building stress resilience</p>	<ul style="list-style-type: none"> ▪ A reservoir of approaches ▪ Assessments to understand coping? ▪ Understanding COPE ▪ 15 COPE methods ▪ 100% beneficial? ▪ When a mechanisms becomes harmful ▪ Distraction increase productivity? ▪ Fluidity and success of coping ▪ Can you avoid avoidance? ▪ Inducing behaviour change ▪ What are TRAP and TRAC? ▪ TRAP/TRAC scenarios ▪ Learning from negative emotions ▪ Coping with avoidance ▪ Re-evaluating coping mechanisms ▪ The 2 aspects of the workbook ▪ Coping with Avoidance Workbook™ 	<ul style="list-style-type: none"> ▪ Coping Style Evaluation™ ▪ Top 3 Coping Mechanisms Descriptor™ ▪ Coping with Avoidance Workbook™ ▪ Practical Assignments ▪ Test Your Knowledge Exercises

6. Appraisal, coping, and resilience

Unit	Here's what you'll learn	Extra support material
<p>6.1 How we view stress: does it matter?</p> <p>6.2 Skills Lab™: How do you deal with difficult circumstances?</p> <p>6.3 Coping mechanisms for tough times</p> <p>6.4 Skills Lab™: What are you avoiding?</p> <p>6.5 Building stress resilience</p>	<ul style="list-style-type: none"> ▪ Looking at thoughts and emotions ▪ Practical Assignment ▪ What is resilience? ▪ 40 years of monitoring ▪ High-risk kids = problems for life? ▪ Learning resilience ▪ Can resilience be increased? ▪ How is resilience built? ▪ Building resilience ▪ Neuronal communication ▪ What happens as a POW? ▪ POW drill results ▪ Expression and genetic variation ▪ Changing NPY expression ▪ NPY in the brain ▪ Making hormones ▪ Why should we care about DHEA? 	<ul style="list-style-type: none"> ▪ Coping Style Evaluation™ ▪ Top 3 Coping Mechanisms Descriptor™ ▪ Coping with Avoidance Workbook™ ▪ Practical Assignments ▪ Test Your Knowledge Exercises

6. Appraisal, coping, and resilience

Unit	Here's what you'll learn	Extra support material
<p>6.1 How we view stress: does it matter?</p> <p>6.2 Skills Lab™: How do you deal with difficult circumstances?</p> <p>6.3 Coping mechanisms for tough times</p> <p>6.4 Skills Lab™: What are you avoiding?</p> <p>6.5 Building stress resilience</p>	<ul style="list-style-type: none">▪ Changing DHEA as we age?▪ Supplementing DHEA?▪ The power of positivity	<ul style="list-style-type: none">▪ Coping Style Evaluation™▪ Top 3 Coping Mechanisms Descriptor™▪ Coping with Avoidance Workbook™▪ Practical Assignments▪ Test Your Knowledge Exercises

7. Are there ANTs in your house?

Unit	Here's what you'll learn	Extra support material
<p>7.1 Skills Lab™: Are you a positive thinker?</p>	<ul style="list-style-type: none"> ▪ Benefits of positive thinking ▪ Positive Thoughts Assessment™ ▪ Challenge or hardship? ▪ Tracking your client's progress 	<ul style="list-style-type: none"> ▪ Positive Thoughts Assessment™ ▪ Practical Assignments
<p>7.2 Can affirmations reduce the ANTs in your house?</p>	<ul style="list-style-type: none"> ▪ Do thoughts matter? ▪ Overview of what is to come... ▪ What are ANTs? ▪ Are there ANTs in your house? ▪ What are cognitive distortions? 	<ul style="list-style-type: none"> ▪ 58 specific values, 10 value types ▪ Replacing ANTs with PATs Workbook™
<p>7.3 Skills Lab™: Can you replace the ANTs in your house with PATs?</p>	<ul style="list-style-type: none"> ▪ 12 cognitive distortions ▪ Do cognitive distortions matter? ▪ What about thinking positive? ▪ Positive thinking and optimism ▪ Thinking positive in stressful times ▪ Building resilience with affirmations? ▪ The right way of doing affirmations ▪ What are your personal values? 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises

7. Are there ANTs in your house?

Unit	Here's what you'll learn	Extra support material
<p>7.1 Skills Lab™: Are you a positive thinker?</p> <p>7.2 Can affirmations reduce the ANTs in your house?</p> <p>7.3 Skills Lab™: Can you replace the ANTs in your house with PATs?</p>	<ul style="list-style-type: none"> ▪ Self-affirmations in practice ▪ Does the affirmation matter? ▪ Mapping your core values ▪ 58 specific values, 10 value types ▪ Changes in the HPA axis? ▪ Rewarding the self? ▪ Helping the group ▪ Does self-affirmation work for all? ▪ “I am a lovable person” ▪ Values based on own experiences ▪ When affirmations backfire ▪ Ridding your house of ANTs ▪ Increasing positivity ▪ How can we replace ANTs? ▪ Replacing ANTs with PATs Workbook™ ▪ What’s to come? ▪ Practical Assignment 	<ul style="list-style-type: none"> ▪ Positive Thoughts Assessment™ ▪ Practical Assignments ▪ 58 specific values, 10 value types ▪ Replacing ANTs with PATs Workbook™ ▪ Test Your Knowledge Exercises

8. Reflection or rumination?

Unit	Here's what you'll learn	Extra support material
<p>8.1 Skills Lab™: Is overthinking causing you distress?</p>	<ul style="list-style-type: none"> ▪ Rumination vs reflection ▪ 2 hands-on assessments ▪ How do I generally react? ▪ My Overthinking Evaluation™ 	<ul style="list-style-type: none"> ▪ My Overthinking Evaluation™ ▪ Rumination Response Assessment™
<p>8.2 What's so bad about thinking?</p>	<ul style="list-style-type: none"> ▪ Using maladaptive coping? ▪ Learning productive coping ▪ Tracking your client's progress 	<ul style="list-style-type: none"> ▪ Reflection Response Assessment™
<p>8.3 The consequences of overthinking</p>	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ Are you an overthinker? ▪ What is rumination? ▪ Helpful or a hindrance? 	<ul style="list-style-type: none"> ▪ My Strategic Thought Review™
<p>8.4 Is it possible to limit rumination?</p>	<ul style="list-style-type: none"> ▪ Repetitive thinking or analysis? ▪ Past, present, or future? ▪ Reflection vs rumination 	<ul style="list-style-type: none"> ▪ Practical Assignments
<p>8.5 Skills Lab™: Monitoring your negative thinking</p>	<ul style="list-style-type: none"> ▪ Solving problems ▪ Life-work balance and rumination ▪ Is all rumination the same? 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises

8. Reflection or rumination?

Unit	Here's what you'll learn	Extra support material
<p>8.1 Skills Lab™: Is overthinking causing you distress?</p>	<ul style="list-style-type: none"> ▪ Are ruminators inflexible? ▪ Depressive? Angry? Or intellectual? ▪ Example: task-switching experiment ▪ And the results are... 	<ul style="list-style-type: none"> ▪ My Overthinking Evaluation™
<p>8.2 What's so bad about thinking?</p>	<ul style="list-style-type: none"> ▪ Rumination due to stress? ▪ The loss of a loved one ▪ A depression risk factor? 	<ul style="list-style-type: none"> ▪ Rumination Response Assessment™
<p>8.3 The consequences of overthinking</p>	<ul style="list-style-type: none"> ▪ Rumination: only in our minds? ▪ More than just a feeling ▪ Rumination and disease risk? ▪ Changes in cortisol? 	<ul style="list-style-type: none"> ▪ Reflection Response Assessment™
<p>8.4 Is it possible to limit rumination?</p>	<ul style="list-style-type: none"> ▪ Does worry affect cortisol levels? ▪ Neural activity during rumination ▪ Changes in brain activity? 	<ul style="list-style-type: none"> ▪ My Strategic Thought Review™
<p>8.5 Skills Lab™: Monitoring your negative thinking</p>	<ul style="list-style-type: none"> ▪ Practical Assignments ▪ Test Your Knowledge Exercises ▪ Linking thinking and emotions ▪ A genetic side to thinking? ▪ A different DNA? 	

8. Reflection or rumination?

Unit	Here's what you'll learn	Extra support material
<p>8.1 Skills Lab™: Is overthinking causing you distress?</p>	<ul style="list-style-type: none"> ▪ Is it possible to stop rumination? ▪ What is RF-CBT? ▪ The negative triad ▪ Problem-based and action-oriented 	<ul style="list-style-type: none"> ▪ My Overthinking Evaluation™ ▪ Rumination Response Assessment™
<p>8.2 What's so bad about thinking?</p>	<ul style="list-style-type: none"> ▪ From problem to action in 4 steps ▪ Is internet therapy effective? ▪ Fewer sessions, less accountability? 	<ul style="list-style-type: none"> ▪ Reflection Response Assessment™
<p>8.3 The consequences of overthinking</p>	<ul style="list-style-type: none"> ▪ Building neural networks ▪ Comparing therapy types ▪ Undergoing CBT ▪ Neuroplasticity and functional change 	<ul style="list-style-type: none"> ▪ My Strategic Thought Review™
<p>8.4 Is it possible to limit rumination?</p>	<ul style="list-style-type: none"> ▪ 1 year later... ▪ Common CBT interventions ▪ Challenging thoughts 	<ul style="list-style-type: none"> ▪ Practical Assignments
<p>8.5 Skills Lab™: Monitoring your negative thinking</p>	<ul style="list-style-type: none"> ▪ 3 keys for ruminative clients ▪ Refocusing thoughts 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises

8. Reflection or rumination?

Unit	Here's what you'll learn	Extra support material
8.1 Skills Lab™: Is overthinking causing you distress?	<ul style="list-style-type: none"> ▪ Meditation for lowering rumination? ▪ Meditation increases rumination? ▪ Mindfulness or rumination ▪ What is a thought record? 	<ul style="list-style-type: none"> ▪ My Overthinking Evaluation™ ▪ Rumination Response Assessment™
8.2 What's so bad about thinking?	<ul style="list-style-type: none"> ▪ Limiting rumination ▪ Understanding triggers ▪ Assisting your client 	<ul style="list-style-type: none"> ▪ Reflection Response Assessment™
8.3 The consequences of overthinking	<ul style="list-style-type: none"> ▪ My Strategic Thought Review™ ▪ What should be your involvement? ▪ Lost in thought? ▪ Seeing non-productive thinking 	<ul style="list-style-type: none"> ▪ My Strategic Thought Review™
8.4 Is it possible to limit rumination?	<ul style="list-style-type: none"> ▪ Practical Assignment 	<ul style="list-style-type: none"> ▪ Practical Assignments
8.5 Skills Lab™: Monitoring your negative thinking		<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises

9. Optimising a mindset

Unit	Here's what you'll learn	Extra support material
<p>9.1 Skills Lab™: Do you have a fixed or a growth mindset?</p> <p>9.2 How can a mindset impact stress levels?</p>	<ul style="list-style-type: none">▪ Why measure mindset?▪ 3 hands-on assessments▪ Mindset Evaluation™▪ Let's see a real client example!▪ Stress Mindset Measurement™ example▪ Importance of the growth mindset▪ Overcoming a 'fixed' mindset▪ Blaming stress▪ Tracking your client's progress▪ Practical Assignment▪ Tension or excitement?▪ The stress paradox▪ What is a mindset?▪ Fixed or growth mindset?▪ Aspects of a mindset▪ Easy or challenging maths?▪ Can a growth mindset be taught?	<ul style="list-style-type: none">▪ Mindset Evaluation™▪ Personality Mindset Measurement™▪ Ability Mindset Measurement™▪ Stress Mindset Measurement™▪ Practical Assignment▪ Test Your Knowledge Exercises

9. Optimising a mindset

Unit	Here's what you'll learn	Extra support material
<p>9.1 Skills Lab™: Do you have a fixed or a growth mindset?</p> <p>9.2 How can a mindset impact stress levels?</p>	<ul style="list-style-type: none">▪ How mindset impacts achievement▪ What does the mind say?▪ The two sides of a stress mindset▪ Measuring a stress mindset?▪ Different clips for different mindsets▪ Mindset impact on health and skill▪ Hormonal changes?▪ The positive side of a challenge▪ Mindset for changing perceptions?▪ Thoughts, emotions, and actions	<ul style="list-style-type: none">▪ Mindset Evaluation™▪ Personality Mindset Measurement™▪ Ability Mindset Measurement™▪ Stress Mindset Measurement™▪ Practical Assignment▪ Test Your Knowledge Exercises

10. Strengthening emotional regulation and intelligence

Unit	Here's what you'll learn	Extra support material
<p>10.1 Emotions and Feelings: Burden, Blessing or Both?</p> <p>10.2 Skills Lab™: How would you rate your emotional literacy?</p>	<ul style="list-style-type: none">▪ The focus of upcoming modules▪ Emotions = feelings?▪ It is an emotion or feeling?▪ You are driving on a rainy night▪ Our lives are shaped by emotions▪ 8 basic emotions?▪ Common Emotions Chart▪ Emotional intensity▪ Wheel of emotions▪ My Emotion Wheel™▪ Do you recognise your emotions?▪ Recognising emotions in others▪ Why read facial expressions?▪ An emotional assessment▪ Emotional Literacy Assessment™▪ Let's see a real client example▪ Identifying and describing feelings	<ul style="list-style-type: none">▪ My Emotion Wheel™▪ Emotional Literacy Assessment™▪ Test Your Knowledge Exercises

10. Strengthening emotional regulation and intelligence

Unit	Here's what you'll learn	Extra support material
10.3 The science of emotional regulation	<ul style="list-style-type: none">▪ Who may find it challenging?▪ Improving emotional literacy▪ During a session with your client▪ Practical Assignment	<ul style="list-style-type: none">▪ Practical Assignment
10.4 Skills Lab™: How emotionally intelligent are you?	<ul style="list-style-type: none">▪ What is emotion regulation?▪ Have you heard of Phineas Gage?▪ “No longer Gage”▪ Amygdala importance▪ Imaging emotions of the brain▪ MRI images of 5 emotions▪ Key communicators▪ Having trouble identifying emotions?▪ Challenges of alexithymia▪ Who is at higher risk?▪ Identifying negative emotions▪ Learning to communicate▪ Why emotional intelligence?	<ul style="list-style-type: none">▪ Test Your Knowledge Exercises

10. Strengthening emotional regulation and intelligence

Unit	Here's what you'll learn	Extra support material
<p>10.5 Why does emotional intelligence matter?</p> <p>10.6 Skills Lab™: How can you improve your emotional intelligence</p>	<ul style="list-style-type: none">▪ Emotional Intelligence Assessment™▪ Let's see a real client example!▪ Emotional Intelligence Assessment™ example▪ Reviewing your client's assessment▪ Looking for trends▪ Spotting similarities▪ Tracking your client's progress▪ Practical Assignment▪ What is emotional intelligence?▪ Increasing emotional intelligence▪ The four quadrants of EI▪ Five main EI domains▪ Trait or ability?▪ Scientific differences▪ Older = smarter?▪ Challenging stereotypes▪ Gender differences or not?	<ul style="list-style-type: none">▪ Emotional Intelligence Assessment™▪ Practical Assignment▪ Test Your Knowledge Exercises

10. Strengthening emotional regulation and intelligence

Unit	Here's what you'll learn	Extra support material
<p>10.5 Why does emotional intelligence matter?</p> <p>10.6 Skills Lab™: How can you improve your emotional intelligence</p>	<ul style="list-style-type: none">▪ Improving academic studies?▪ EI in the workplace▪ Model of EI in organizations▪ Improving athletes?▪ Your key takeaways▪ Engineering your outcome▪ Enhancing Emotional Intelligence™▪ Discussing results with your client▪ Is your glass half full?▪ Practical Assignment	<ul style="list-style-type: none">▪ Enhancing Emotional Intelligence▪ Practical Assignment▪ Test Your Knowledge Exercises

11. What good are positive emotions?

Unit	Here's what you'll learn	Extra support material
<p>11.1 Skills Lab™: Is your positivity/negativity level imbalanced?</p>	<ul style="list-style-type: none"> ▪ Why measure “affect”? ▪ Positive or negative? ▪ Affect Assessment™ ▪ Facing challenges ▪ The role of positive emotion 	<ul style="list-style-type: none"> ▪ Affect Assessment™
<p>11.2 Creating a bias towards positivity?</p>	<ul style="list-style-type: none"> ▪ Tracking your client's progress ▪ Practical Assignment ▪ Positive or negative emotions? ▪ Positive Psychology ▪ Is it a lion or a rabbit? ▪ The broaden-and-build theory ▪ I would like to... ▪ Positive emotions = positive actions? ▪ Benefits of ageing ▪ What do you pay attention to? ▪ The dot-probe-test ▪ Happy faces and resilience 	<ul style="list-style-type: none"> ▪ Positive Affect Self-Assessment™ ▪ Negative Affect Self-Assessment™ ▪ Making Time For Pleasure™ ▪ Test Your Knowledge Exercises

11. What good are positive emotions?

Unit	Here's what you'll learn	Extra support material
<p>11.1 Skills Lab™: Is your positivity/negativity level imbalanced?</p> <p>11.2 Creating a bias towards positivity?</p>	<ul style="list-style-type: none">▪ Conscious or preconscious thought?▪ Fear of negativity?▪ Taking “baby steps”?▪ Making Time For Pleasure™▪ Positively grateful?	<ul style="list-style-type: none">▪ Affect Assessment™▪ Positive Affect Self-Assessment™▪ Negative Affect Self-Assessment™▪ Making Time For Pleasure™▪ Test Your Knowledge Exercises

12. The power of 4

Unit	Here's what you'll learn	Extra support material
<p>12.1 Skills Lab™: How affectionate are you towards yourself?</p> <p>12.2 Is there a scientific side to compassion?</p>	<ul style="list-style-type: none">▪ What is compassion?▪ Self-Compassion Assessment™▪ Let's see a real client example!▪ Self-Compassion Assessment™ example▪ Room for improvement?▪ Genetics and environment▪ Tracking your client's progress▪ Practical Assignment▪ Introducing feelings of affection▪ The act of giving▪ Positive thought = positive emotions?▪ Writing a letter▪ What is self-compassion?▪ Reducing rumination?▪ Healthy heart rhythms▪ Rewiring the brain▪ My Self-Compassion Letter™	<ul style="list-style-type: none">▪ Self-Compassion Assessment™▪ My Self-Compassion Letter™▪ Practical Assignment▪ Test Your Knowledge Exercises

12. The power of 4

Unit	Here's what you'll learn	Extra support material
<p>12.3 Skills Lab™: How optimistic are you?</p> <p>12.4 Optimism: Decreasing anxiety or increasing irrationality?</p>	<ul style="list-style-type: none">▪ Practicing compassion?▪ Loving-kindness meditation▪ Negatives of compassion?▪ How hopeful are you?▪ What is optimism?▪ Optimism Assessment™▪ Let's see a real client example!▪ Optimism Assessment™ example▪ Influences on optimism?▪ Genes or environment?▪ Tracking your client's progress▪ Practical Assignment▪ What is optimism?▪ Healthier lifestyle?▪ Lowering disease risk?▪ Can optimism change cortisol?▪ Can pessimism change cortisol?	<ul style="list-style-type: none">▪ Optimism Assessment™▪ Practical Assignment▪ Test Your Knowledge Exercises

12. The power of 4

Unit	Here's what you'll learn	Extra support material
<p>12.3 Skills Lab™: How optimistic are you?</p> <p>12.4 Optimism: Decreasing anxiety or increasing irrationality?</p>	<ul style="list-style-type: none"> ▪ Optimism improves immunity? ▪ Hardwired for pessimism? ▪ Is there an optimism gene? ▪ Building optimism through writing ▪ A Letter from My Future Self™ ▪ “Everything will be fine” ▪ The negatives of optimism ▪ Helpful or unrealistic optimism? ▪ Optimism, backed up by actions ▪ Building healthy optimism levels ▪ What is hope? ▪ Hope Assessment™ ▪ Let's see a real client example! ▪ Hope Assessment™ example ▪ Low levels of hope? ▪ Tracking your client's progress ▪ Practical Assignment 	<ul style="list-style-type: none"> ▪ A Letter from My Future Self™ ▪ Hope Assessment™ ▪ Practical Assignment ▪ Test Your Knowledge Exercises

12. The power of 4

Unit	Here's what you'll learn	Extra support material
<p>12.5 Skills Lab™: Do you hope for the best?</p> <p>12.6 Is it possible to wish your tension away?</p>	<ul style="list-style-type: none"> ▪ Is it hope? Or optimism? ▪ Different types of hope? ▪ Hoping for family health ▪ Hope following a natural disaster ▪ Hope at work and in medicine ▪ Brain activation and reward ▪ What is hope therapy? ▪ Benefits of hope therapy? ▪ 8-step hope therapy program ▪ A negative side of hope? ▪ My Daily Hope Check-in™ ▪ Benefit of expressing gratitude? ▪ Gratitude Assessment™ ▪ Let's see a real client example! ▪ Gratitude Assessment™ example ▪ Reviewing your client's score ▪ Power of 4 connected 	<ul style="list-style-type: none"> ▪ My Daily Hope Check-in™ ▪ Gratitude Assessment™ ▪ Practical Assignment ▪ Test Your Knowledge Exercises

12. The power of 4

Unit	Here's what you'll learn	Extra support material
<p>12.7 Skills Lab™: How thankful are you?</p> <p>12.8 The power of gratitude</p>	<ul style="list-style-type: none">▪ Tracking your client's progress▪ Practical Assignment▪ What is gratitude?▪ Trauma victims give thanks▪ The genetics of gratitude▪ Can genotype predict gratitude?▪ Gratitude lights up the PFC▪ Impact of gift giving▪ The brain's behind gratitude▪ Your brain: safe vs stressed▪ Gratitude meditation?▪ Counting my blessings▪ Gratitude action items▪ 5 ways to practice gratitude▪ A negative side of gratitude?▪ The power of 4	<ul style="list-style-type: none">▪ 5 ways to practice gratitude▪ Practical Assignment▪ Test Your Knowledge Exercises

13. Consequences of work burnout

Unit	Here's what you'll learn	Extra support material
<p>M13.1 Skills Lab™: Are you burning out?</p>	<ul style="list-style-type: none"> ▪ Overwhelmed at work? ▪ Occupational Burnout Assessment™ ▪ Let's see a real client example! ▪ Occupational Burnout Assessment™ example 	<ul style="list-style-type: none"> ▪ Occupational Burnout Assessment™
<p>13.2 Who is at risk for work burnout?</p>	<ul style="list-style-type: none"> ▪ High or moderate burnout? ▪ Gaining more depth ▪ Tracking your client's progress 	<ul style="list-style-type: none"> ▪ Telepressure Questionnaire™
<p>13.3 Skills Lab™: How attached are you to work email?</p>	<ul style="list-style-type: none"> ▪ Practical Assignment ▪ Are you under workplace stress? ▪ What is job anxiety? ▪ Finding a balance 	<ul style="list-style-type: none"> ▪ Assessing Management Standards™ ▪ Practical Assignments
<p>13.4 Is work making you ill?</p>	<ul style="list-style-type: none"> ▪ Which industries and occupations? ▪ What is burnout? ▪ Hiding work burnout 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises
<p>13.5 Cultivating a healthy, productive organisation</p>	<ul style="list-style-type: none"> ▪ Between control and demands ▪ The demand-control model ▪ What causes workplace stress? 	

13. Consequences of work burnout

Unit	Here's what you'll learn	Extra support material
<p>M13.1 Skills Lab™: Are you burning out?</p>	<ul style="list-style-type: none"> ▪ Your mindset impacts your view ▪ Workers' stress incidence ▪ Why the increase ▪ Who suffers from work strain? 	<ul style="list-style-type: none"> ▪ Occupational Burnout Assessment™
<p>13.2 Who is at risk for work burnout?</p>	<ul style="list-style-type: none"> ▪ Role of gender and age ▪ Different work demands? ▪ Changing views as we age? 	<ul style="list-style-type: none"> ▪ Telepressure Questionnaire™
<p>13.3 Skills Lab™: How attached are you to work email?</p>	<ul style="list-style-type: none"> ▪ Breaking the work-stress cycle ▪ What is telepressure? ▪ Telepressure Questionnaire™ ▪ Let's see a real client example! 	<ul style="list-style-type: none"> ▪ Assessing Management Standards™ ▪ Practical Assignments
<p>13.4 Is work making you ill?</p>	<ul style="list-style-type: none"> ▪ Telepressure Questionnaire™ example ▪ The negative of our phones ▪ Avoid the use of technology? 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises
<p>13.5 Cultivating a healthy, productive organisation</p>	<ul style="list-style-type: none"> ▪ Tracking your client's progress ▪ Practical Assignment ▪ Work stress making you sick? 	

13. Consequences of work burnout

Unit	Here's what you'll learn	Extra support material
<p>M13.1 Skills Lab™: Are you burning out?</p>	<ul style="list-style-type: none"> ▪ Is our health at risk? ▪ Risk of disease due to job anxiety ▪ Increased cancer risk? ▪ Long lasting consequences? 	<ul style="list-style-type: none"> ▪ Occupational Burnout Assessment™
<p>13.2 Who is at risk for work burnout?</p>	<ul style="list-style-type: none"> ▪ Playground bullies at work ▪ Bullying and wellbeing ▪ Workplace bullying and health 	<ul style="list-style-type: none"> ▪ Telepressure Questionnaire™
<p>13.3 Skills Lab™: How attached are you to work email?</p>	<ul style="list-style-type: none"> ▪ Not able to sleep? ▪ Worried about losing your job? ▪ The risk of worry ▪ Attached to email? 	<ul style="list-style-type: none"> ▪ Assessing Management Standards™ ▪ Practical Assignments
<p>13.4 Is work making you ill?</p>	<ul style="list-style-type: none"> ▪ When do you check email? ▪ Planting and caring for a plant? ▪ Increasing our wellbeing 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises
<p>13.5 Cultivating a healthy, productive organisation</p>	<ul style="list-style-type: none"> ▪ Does the organisation matter? ▪ Anxiety impacts productivity? ▪ How anxiety affects cognition 	

13. Consequences of work burnout

Unit	Here's what you'll learn	Extra support material
<p>M13.1 Skills Lab™: Are you burning out?</p>	<ul style="list-style-type: none"> ▪ It's like burning money ▪ Reducing workplace illness ▪ The 6 Management Standards ▪ Identifying workplace strain 	<ul style="list-style-type: none"> ▪ Occupational Burnout Assessment™
<p>13.2 Who is at risk for work burnout?</p>	<ul style="list-style-type: none"> ▪ Eating well or unhealthy snacking? ▪ Educational interventions ▪ Which interventions work? 	<ul style="list-style-type: none"> ▪ Telepressure Questionnaire™
<p>13.3 Skills Lab™: How attached are you to work email?</p>	<ul style="list-style-type: none"> ▪ Weakness of organisations ▪ Organisation classification ▪ What can help? ▪ Emotional intelligence at work 	<ul style="list-style-type: none"> ▪ Assessing Management Standards™ ▪ Practical Assignments
<p>13.4 Is work making you ill?</p>	<ul style="list-style-type: none"> ▪ Reducing workplace stress ▪ Assessing Management Standards™ 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises
<p>13.5 Cultivating a healthy, productive organisation</p>		

14. Managing toxic anger

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: How angry are you?</p> <p>14.2 Managing anger before it becomes toxic</p> <p>14.3 Can mental anger put our physical health at risk?</p> <p>14.4 Skills Lab™: Do you know what triggers your anger?</p>	<ul style="list-style-type: none"> ▪ Is your client feeling angry? ▪ Connecting anger and stress ▪ Easy to anger? ▪ Anger Inventory™ ▪ Let's see a real client example! ▪ Generally Angry Assessment™ example ▪ We all get angry ▪ Understanding your client's scores ▪ With patience and practise... ▪ Tracking your client's progress ▪ Practical Assignment ▪ What is anger? ▪ What is toxic anger? ▪ Anger is like an iceberg ▪ Anger Checklist™ ▪ State vs trait anger ▪ Characteristics of trait anger 	<ul style="list-style-type: none"> ▪ Anger Inventory™ ▪ Generally Angry Assessment™ ▪ Anger Expression Assessment™ ▪ Anger Checklist™ ▪ Taming My Temper Workbook™ ▪ 5 ways to reduce workplace anger ▪ Practical Assignments ▪ Test Your Knowledge Exercises

14. Managing toxic anger

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: How angry are you?</p> <p>14.2 Managing anger before it becomes toxic</p> <p>14.3 Can mental anger put our physical health at risk?</p> <p>14.4 Skills Lab™: Do you know what triggers your anger?</p> <p>14.5 Turning workplace anger into performance</p>	<ul style="list-style-type: none"> ▪ Anger-out vs anger-in ▪ Do I have an anger problem? ▪ Disorders based on anger ▪ Anger and the HPA axis ▪ Do children get angry? ▪ How to help child anger ▪ Angry music makes you angry? ▪ Next up! ▪ Health risks of anger ▪ Anger and our hearts ▪ Heart attack at work? ▪ Anger changes heart rhythms ▪ Couples' anger stresses their heart ▪ Is anger causing physical harm? ▪ Anger or anxiety? ▪ Having trouble breathing? ▪ Angry mind, angry gut? 	<ul style="list-style-type: none"> ▪ Anger Inventory™ ▪ Generally Angry Assessment™ ▪ Anger Expression Assessment™ ▪ Anger Checklist™ ▪ Taming My Temper Workbook™ ▪ 5 ways to reduce workplace anger ▪ Practical Assignments ▪ Test Your Knowledge Exercises

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<p>14.1 Skills Lab™: How angry are you?</p> <p>14.2 Managing anger before it becomes toxic</p> <p>14.3 Can mental anger put our physical health at risk?</p> <p>14.4 Skills Lab™: Do you know what triggers your anger?</p> <p>14.5 Turning workplace anger into performance</p>	<ul style="list-style-type: none"> ▪ The brain and heart are linked ▪ Connecting our brain halves ▪ Abusing brain development ▪ Alzheimer's and anger outbursts ▪ The genetics of anger ▪ 6 angry genes ▪ How do you respond to "No"? ▪ PTSD and anger ▪ Anger management for PTSD ▪ Who is this workbook for? ▪ Identifying triggers ▪ Taming My Temper Workbook™ ▪ Reduces consequences of anger ▪ Practical Assignment ▪ Toxic anger in the workplace ▪ Why job anger? ▪ A better way to express anger? 	<ul style="list-style-type: none"> ▪ Anger Inventory™ ▪ Generally Angry Assessment™ ▪ Anger Expression Assessment™ ▪ Anger Checklist™ ▪ Taming My Temper Workbook™ ▪ 5 ways to reduce workplace anger ▪ Practical Assignments ▪ Test Your Knowledge Exercises

14. Managing toxic anger

Unit	Here's what you'll learn	Extra support material
<p>14.1 Skills Lab™: How angry are you?</p> <p>14.2 Managing anger before it becomes toxic</p> <p>14.3 Can mental anger put our physical health at risk?</p> <p>14.4 Skills Lab™: Do you know what triggers your anger?</p> <p>14.5 Turning workplace anger into performance</p>	<ul style="list-style-type: none">▪ Keeping up with the times?▪ Venting anger at work?▪ Dual threshold model▪ Does expression hurt or help?▪ Impact of workplace anger▪ Learning to “cool off”▪ Conflict management principles▪ 5 ways to reduce workplace anger▪ Work-life balance	<ul style="list-style-type: none">▪ Anger Inventory™▪ Generally Angry Assessment™▪ Anger Expression Assessment™▪ Anger Checklist™▪ Taming My Temper Workbook™▪ 5 ways to reduce workplace anger▪ Practical Assignments▪ Test Your Knowledge Exercises

15. Stress on fertility and parenting

Unit	Here's what you'll learn	Extra support material
<p>15.1 Is it possible to be too tense to conceive?</p> <p>15.2 Skills Lab™: Are you feeling anxious during your pregnancy?</p> <p>15.3 Anxiety during pregnancy: impact on the child?</p> <p>15.4 Skills Lab™: Are you an anxious parent?</p> <p>15.5 Children of anxious parents</p>	<ul style="list-style-type: none"> ▪ Prenatal, perinatal, and postnatal ▪ “I was more stressed last month” ▪ Stress hormones impact fertility ▪ What about adrenaline? ▪ A fertile pathway ▪ Linked to stress pathways ▪ The HPG axis ▪ Have a demanding job? ▪ Slow swimmers ▪ Decreasing spermatogenesis ▪ Dad’s stress levels matter ▪ Change in miRNA? ▪ What’s next? ▪ Who should take this assessment? ▪ Prenatal Anxiety Assessment™ ▪ Let’s see a real client example! ▪ Prenatal Anxiety Assessment™ example 	<ul style="list-style-type: none"> ▪ Prenatal Anxiety Assessment™ ▪ Parental Stress Assessment™ ▪ Practical Assignments ▪ Test Your Knowledge Exercises

15. Stress on fertility and parenting

Unit	Here's what you'll learn	Extra support material
<p>15.1 Is it possible to be too tense to conceive?</p> <p>15.2 Skills Lab™: Are you feeling anxious during your pregnancy?</p> <p>15.3 Anxiety during pregnancy: impact on the child?</p> <p>15.4 Skills Lab™: Are you an anxious parent?</p> <p>15.5 Children of anxious parents</p>	<ul style="list-style-type: none">▪ Early intervention is key▪ Supporting your client▪ Tracking your client's progress▪ Practical Assignment▪ Perinatal or postpartum?▪ Foetal stress impact summary▪ Prevalence of mood disorders?▪ How common is pregnancy anxiety?▪ Anxious mother = anxious child?▪ Stress and development▪ Stress breeds stress▪ All grown up▪ Increased glucocorticoids▪ Are you alert to every noise?▪ Are you scared of a snake?▪ Grooming and DNA revisited▪ Is mom in a stressful relationship?	<ul style="list-style-type: none">▪ Prenatal Anxiety Assessment™▪ Parental Stress Assessment™▪ Practical Assignments▪ Test Your Knowledge Exercises

15. Stress on fertility and parenting

Unit	Here's what you'll learn	Extra support material
<p>15.1 Is it possible to be too tense to conceive?</p> <p>15.2 Skills Lab™: Are you feeling anxious during your pregnancy?</p> <p>15.3 Anxiety during pregnancy: impact on the child?</p> <p>15.4 Skills Lab™: Are you an anxious parent?</p> <p>15.5 Children of anxious parents</p>	<ul style="list-style-type: none"> ▪ Stress leads to being physically ill? ▪ Influence of high fat diets prenatally? ▪ Benefits of a healthy diet ▪ Help is at hand ▪ Who should take this assessment? ▪ Parental Stress Assessment™ ▪ Let's see a real client example! ▪ Parental Stress Assessment™ example ▪ Affecting the child? ▪ Tracking your client's progress ▪ Other areas of strain? ▪ Practical Assignment ▪ In this unit... ▪ Genetics or environment? ▪ Anxiety promoting behaviours ▪ Responding to my infant ▪ Less engagement and affection? 	<ul style="list-style-type: none"> ▪ Prenatal Anxiety Assessment™ ▪ Parental Stress Assessment™ ▪ Practical Assignments ▪ Test Your Knowledge Exercises

15. Stress on fertility and parenting

Unit	Here's what you'll learn	Extra support material
<p>15.1 Is it possible to be too tense to conceive?</p> <p>15.2 Skills Lab™: Are you feeling anxious during your pregnancy?</p> <p>15.3 Anxiety during pregnancy: impact on the child?</p> <p>15.4 Skills Lab™: Are you an anxious parent?</p> <p>15.5 Children of anxious parents</p>	<ul style="list-style-type: none">▪ Aggression towards females▪ What are different parenting styles?▪ Democratic parenting and EI▪ A negative side of parental control?▪ Vicious cycle of negative behaviour▪ Neurodevelopmental disorders▪ Understanding autism▪ Children with autism▪ Differences in coping styles?▪ Helping the child helps the parent▪ Are single mothers more stressed?▪ Choosing to be a single mom▪ What about being childless?▪ Your attitude matters▪ Next up...	<ul style="list-style-type: none">▪ Prenatal Anxiety Assessment™▪ Parental Stress Assessment™▪ Practical Assignments▪ Test Your Knowledge Exercises

16. Buffering stress with fitness

Unit	Here's what you'll learn	Extra support material
<p>16.1 Keeping calm through movement?</p> <p>16.2 How does the body react to being active?</p>	<ul style="list-style-type: none">▪ Physiological benefit to exercise?▪ Exercise helps us to cope?▪ Are all exercises equal?▪ Physical activity guidelines▪ Only aerobic exercise?▪ What about lifting weights?▪ Aerobic vs anaerobic exercise▪ Martial arts reduces anxiety?▪ Is it the practice or the personality?▪ Bending into impossible postures?▪ Yoga before surgery?▪ Flowing movements▪ Anxiety and mood following Tai Chi▪ What about dancing?▪ Exercise: a family activity?▪ In times of extreme stress?▪ Do you enjoy exercise?	<ul style="list-style-type: none">▪ My Physical Activity Monitor™▪ Physical Activity Score Sheet™▪ Test Your Knowledge Exercises

16. Buffering stress with fitness

Unit	Here's what you'll learn	Extra support material
<p>16.1 Keeping calm through movement?</p> <p>16.2 How does the body react to being active?</p>	<ul style="list-style-type: none">▪ Tracking your client's exercise▪ My Physical Activity Monitor™▪ Psychological or physiological?▪ Exercise elevates stress response?▪ Long term benefits?▪ Hormone response to acute stress▪ High intensity exercise and the brain▪ Strength training in elderly men▪ Changing IGF-1 and neurogenesis▪ Strengthening the brain?▪ Growing a brain with exercise▪ 6 ways exercise improves the brain▪ The scary part of exercise▪ Acclimatising to faster heart rates▪ Panic disorder and running▪ Inducing panic?▪ Under pressure to exercise...	<ul style="list-style-type: none">▪ My Physical Activity Monitor™▪ Physical Activity Score Sheet™▪ Test Your Knowledge Exercises

16. Buffering stress with fitness

Unit	Here's what you'll learn	Extra support material
<p>16.1 Keeping calm through movement?</p> <p>16.2 How does the body react to being active?</p>	<ul style="list-style-type: none">▪ Which exercises are best for you?▪ Physical Activity Score Sheet™	<ul style="list-style-type: none">▪ My Physical Activity Monitor™▪ Physical Activity Score Sheet™▪ Test Your Knowledge Exercises

17. Sleep troubles

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: How poorly do you sleep?</p> <p>17.2 Breaking the stress-sleep cycle</p> <p>17.3 The consequences of going against your circadian rhythms</p> <p>17.4 Skills Lab™: What is your perfect sleep environment?</p>	<ul style="list-style-type: none"> ▪ How poorly does your client sleep? ▪ What the assessment measures ▪ Sleep Assessment™ ▪ Let's see a real client example! ▪ Sleep Quality Questionnaire™ example ▪ Reviewing your client's score ▪ When to seek help? ▪ 4 key questions ▪ The link with stress ▪ Tracking your client's progress ▪ Practical Assignment ▪ The sleep-stress cycle ▪ Why do we sleep? ▪ 5 stages of sleep ▪ How do doctors measure sleep? ▪ Hypnograms: stages of sleep ▪ Too much or too little sleep? 	<ul style="list-style-type: none"> ▪ Sleep Assessment™ ▪ Sleep Quality Questionnaire™ ▪ Daytime Sleepiness Questionnaire™ ▪ Practical Assignments ▪ Test Your Knowledge Exercises

17. Sleep troubles

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: How poorly do you sleep?</p> <p>17.2 Breaking the stress-sleep cycle</p> <p>17.3 The consequences of going against your circadian rhythms</p> <p>17.4 Skills Lab™: What is your perfect sleep environment?</p>	<ul style="list-style-type: none"> ▪ What is disturbing our sleep? ▪ 5 Common sleep disorders ▪ Insomnia increases anxiety risk? ▪ Poor sleep and mental health ▪ Is a trauma interrupting your sleep? ▪ Do you have nightmares? ▪ CRH promoting HPA activation ▪ How do rats wake up? ▪ Other key players? ▪ Altered metabolism? ▪ Stress, sleep: influence metabolism ▪ Getting a good night's rest ▪ Which temperature for sleep? ▪ Wide eyed and alert? ▪ Air and noise pollution matters? ▪ Comparing clocks and rhythms ▪ Light exposure and cell phones 	<ul style="list-style-type: none"> ▪ Sleep Assessment™ ▪ Sleep Quality Questionnaire™ ▪ Daytime Sleepiness Questionnaire™ ▪ Practical Assignments ▪ Test Your Knowledge Exercises

17. Sleep troubles

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: How poorly do you sleep?</p> <p>17.2 Breaking the stress-sleep cycle</p> <p>17.3 The consequences of going against your circadian rhythms</p> <p>17.4 Skills Lab™: What is your perfect sleep environment?</p>	<ul style="list-style-type: none">▪ Reducing depression with darkness▪ Can we change our cycle?▪ Is blue light to blame?▪ Print book or e-book?▪ Timing and colour of light?▪ Aberrant light exposure▪ Do you have circadian desynchrony?▪ Do you know your chronotype?▪ Jet lag... without the jet▪ It's ok... I'll sleep this weekend▪ It's all about misalignment▪ Getting our best possible sleep▪ How well does your client sleep?▪ Missing out on sleep quantity?▪ In bed but wide awake?▪ Creating a bedtime routine▪ Sleep Environment Workbook™	<ul style="list-style-type: none">▪ Sleep Environment Workbook™▪ Sleep Monitor™▪ Sleep Environment Check™▪ Bedtime Routine Planner™▪ Practical Assignments▪ Test Your Knowledge Exercises

17. Sleep troubles

Unit	Here's what you'll learn	Extra support material
<p>17.1 Skills Lab™: How poorly do you sleep?</p> <p>17.2 Breaking the stress-sleep cycle</p> <p>17.3 The consequences of going against your circadian rhythms</p> <p>17.4 Skills Lab™: What is your perfect sleep environment?</p>	<ul style="list-style-type: none">▪ Let's see a real client example!▪ Sleep Monitor™ example▪ Sleep Environment Check™ example▪ Bedtime Routine Planner™ example▪ Improved sleep, less anxiety?▪ Longer tracking needed?▪ Practical Assignment	<ul style="list-style-type: none">▪ Sleep Environment Workbook™▪ Sleep Monitor™▪ Sleep Environment Check™▪ Bedtime Routine Planner™▪ Practical Assignments▪ Test Your Knowledge Exercises

18. Emotional eating science

Unit	Here's what you'll learn	Extra support material
<p>18.1 Skills Lab™: Are you an emotional eater?</p>	<ul style="list-style-type: none">▪ Satisfying emotional needs▪ Eating Behaviour Assessment™▪ Let's see a real client example!▪ Eating Behaviour Assessment™ example	<ul style="list-style-type: none">▪ Eating Behaviour Assessment™
<p>18.2 The psychology of emotional eating</p>	<ul style="list-style-type: none">▪ Understanding the scores▪ Over or under eating?▪ Tracking your client's progress▪ Practical Assignment	<ul style="list-style-type: none">▪ Practical Assignment▪ Test Your Knowledge Exercises
<p>18.3 Making happy molecules with food</p>	<ul style="list-style-type: none">▪ Does anxiety change eating habits?▪ What is emotional eating?▪ How common is emotional eating?▪ A link between diet and anxiety?▪ Altered food choices▪ Stress changes the diet?▪ Seeking comfort in food▪ Does stress source matter?▪ Ego vs physical threats	

18. Emotional eating science

Unit	Here's what you'll learn	Extra support material
<p>18.1 Skills Lab™: Are you an emotional eater?</p> <p>18.2 The psychology of emotional eating</p> <p>18.3 Making happy molecules with food</p>	<ul style="list-style-type: none">▪ Would you eat more ice cream?▪ You have 2 choices...▪ Would you pick grapes or M&Ms?▪ Stress and healthy eating▪ How well do you eat at work?▪ Providing availability▪ Promoting happy hormones?▪ Physiological changes?▪ Neurotransmitter imbalance▪ Serotonin and tryptophan▪ What are sources of tryptophan?▪ Making a happy molecule▪ Transport to the brain▪ Making cheerful neurotransmitters▪ What about the gut?▪ Boosting serotonin through food▪ Improving serotonin binding	<ul style="list-style-type: none">▪ Eating Behaviour Assessment™▪ Practical Assignment▪ Test Your Knowledge Exercises

18. Emotional eating science

Unit	Here's what you'll learn	Extra support material
<p>18.1 Skills Lab™: Are you an emotional eater?</p> <p>18.2 The psychology of emotional eating</p> <p>18.3 Making happy molecules with food</p>	<ul style="list-style-type: none">▪ SAME and TMG (betaine)▪ Other neurotransmitters?▪ Dopamine synthesis and signalling▪ Too little dopamine binding?▪ Too much dopamine?▪ Looking for a reward?▪ Eating dopamine▪ Connecting the gut to the brain	<ul style="list-style-type: none">▪ Eating Behaviour Assessment™▪ Practical Assignment▪ Test Your Knowledge Exercises

19. Stressed guts = hungry guts?

Unit	Here's what you'll learn	Extra support material
<p>19.1 Making friends with your gut</p> <p>19.2 The hunger-stress-gut connection</p>	<ul style="list-style-type: none">▪ Connecting HPA, SAM, and GBA▪ Are we bacteria or human?▪ Who lives in my gut?▪ Keeping it in balance▪ Influences on the gut bacteria?▪ When bacteria are out of whack▪ Gut changes → anxiety → dysbiosis▪ Introducing helpful bacteria▪ Recolonising the gut▪ What about in adult mice?▪ Is the HPA activation hardwired?▪ What are prebiotics and probiotics?▪ Humans taking probiotics?▪ Multi-bacterial probiotics▪ Where can I find helpful bacteria?▪ Caring for your bacteria▪ Regulating appetite	<ul style="list-style-type: none">▪ Test Your Knowledge Exercises

19. Stressed guts = hungry guts?

Unit	Here's what you'll learn	Extra support material
<p>19.1 Making friends with your gut</p> <p>19.2 The hunger-stress-gut connection</p>	<ul style="list-style-type: none">▪ Appetite hormones▪ Ghrelin the gremlin regulates hunger▪ Ghrelin and cortisol linked?▪ Ghrelin and the stress response▪ 2 different forms of ghrelin?▪ Roles of modified ghrelin▪ Relationship to emotional eating?▪ 2 important peptides▪ Does stress alter PYY release?▪ GLP-1 in the brain▪ Resetting appetite signals	<ul style="list-style-type: none">▪ Test Your Knowledge Exercises

20. S.O.S Nutritional Toolbox

Unit	Here's what you'll learn	Extra support material
20.1 Blood sugar balance and essential fatty acids	<ul style="list-style-type: none">▪ Linking nutrition with stress▪ Changing blood sugar levels▪ What is the glycaemic index?▪ GI and the rise of glucose levels	<ul style="list-style-type: none">▪ 8 commonly used herbs▪ Stress Resilience Shopping List™
20.2 Vitamins, minerals, and herbs for stress resilience	<ul style="list-style-type: none">▪ How to use the glycaemic index▪ GI ranking and categories▪ Releasing glucose and glucagon▪ Raising blood sugar levels▪ Fluctuation of blood glucose?▪ Glucogen to blame?▪ What about fatty foods?▪ Understanding fatty acids▪ Anti-depressant omega 3?▪ EPA to the rescue?▪ Keeping your cool▪ Increasing fatty acids in the diet▪ Investigating nutrients	<ul style="list-style-type: none">▪ My Personal Resilience Shopping List™▪ Test Your Knowledge Exercises

20. S.O.S Nutritional Toolbox

Unit	Here's what you'll learn	Extra support material
<p>20.1 Blood sugar balance and essential fatty acids</p>	<ul style="list-style-type: none"> ▪ Role of vitamins on stress ▪ Vitamin A ▪ B-vitamins ▪ Vitamin B3 – Niacin 	<ul style="list-style-type: none"> ▪ 8 commonly used herbs
<p>20.2 Vitamins, minerals, and herbs for stress resilience</p>	<ul style="list-style-type: none"> ▪ Vitamin B6 – Pyridoxine ▪ Vitamin B12 – Cobalamin ▪ Biotin – Vitamin B7 ▪ Folate – Vitamin B9 ▪ Vitamin C – Ascorbic acid ▪ Vitamin D ▪ Zinc ▪ Magnesium ▪ Correcting nutrient deficiencies ▪ Botanicals and herbs ▪ 8 commonly used herbs ▪ Practical takeaways ▪ Stress Resilience Shopping List™ 	<ul style="list-style-type: none"> ▪ Stress Resilience Shopping List™ ▪ My Personal Resilience Shopping List™ ▪ Test Your Knowledge Exercises

21. The burden of time

Unit	Here's what you'll learn	Extra support material
<p>21.1 What are the major types of stress?</p> <p>21.2 Are you suffering from “too much to do, too little time”?</p> <p>21.3 Skills Lab™: How can you make the most of your time?</p>	<ul style="list-style-type: none">▪ Categorising stress based on cause▪ The 4 stress types explained▪ Why study the causes?▪ Finding the why behind the fear▪ Overlap between types?▪ One type = one technique?▪ Which management techniques?▪ Stress Management Techniques Guide▪ Building your client’s stress resilience▪ Understanding the worksheet▪ Completing the worksheet▪ Client Stress Identifier™▪ More than 1 stress type?▪ All about our reactions▪ Too much to do, too little time?▪ Time constraints vs pressure▪ Impact on decision making	<ul style="list-style-type: none">▪ Client Stress Identifier™▪ Time Stress Management Techniques▪ Time Stress Manager Workbook™▪ Practical Assignment▪ Test Your Knowledge Exercises

21. The burden of time

Unit	Here's what you'll learn	Extra support material
<p>21.1 What are the major types of stress?</p> <p>21.2 Are you suffering from “too much to do, too little time”?</p> <p>21.3 Skills Lab™: How can you make the most of your time?</p>	<ul style="list-style-type: none"> ▪ Time is the centrepiece ▪ Importance of emotion ▪ How do you cross a street? ▪ Over-estimating time? ▪ Differential activation of the brain ▪ Delayed gratification ▪ Some money now or more later? ▪ The marshmallow experiment ▪ Exercising self-control ▪ Are you able to wait? ▪ To eat or not to eat? ▪ What is time management? ▪ Can you control time? ▪ Time management control model ▪ Benefits for high job stress workers? ▪ Limiting time stress? ▪ Time Stress Management Techniques 	<ul style="list-style-type: none"> ▪ Client Stress Identifier™ ▪ Time Stress Management Techniques ▪ Time Stress Manager Workbook™ ▪ Practical Assignment ▪ Test Your Knowledge Exercises

21. The burden of time

Unit	Here's what you'll learn	Extra support material
<p>21.1 What are the major types of stress?</p> <p>21.2 Are you suffering from “too much to do, too little time”?</p> <p>21.3 Skills Lab™: How can you make the most of your time?</p>	<ul style="list-style-type: none">▪ About the Time Stress Manager▪ No stress at all?▪ Time Stress Manager Workbook™▪ Analysing your client’s workbook▪ Practical Assignment	<ul style="list-style-type: none">▪ Client Stress Identifier™▪ Time Stress Management Techniques▪ Time Stress Manager Workbook™▪ Practical Assignment▪ Test Your Knowledge Exercises

22. Alert to the now...or worrying about tomorrow?

Unit	Here's what you'll learn	Extra support material
<p>22.1 Does being startled make you alert or put you on edge?</p>	<ul style="list-style-type: none"> ▪ What is situational stress? ▪ Is it acute or chronic stress? ▪ A benefit of situational stress ▪ DING! ▪ How a mouse reacts to “Meow!” 	<ul style="list-style-type: none"> ▪ Progressive Muscle Relaxation™
<p>22.2 Do you worry about the future?</p>	<ul style="list-style-type: none"> ▪ Guided Imagery Worksheet™ ▪ Test Your Knowledge Exercises 	

22. Alert to the now...or worrying about tomorrow?

Unit	Here's what you'll learn	Extra support material
<p>22.1 Does being startled make you alert or put you on edge?</p> <p>22.2 Do you worry about the future?</p>	<ul style="list-style-type: none">▪ Thinking activates a response?▪ Cortisol and blood pressure changes▪ Return to normal?▪ Preparing for the future▪ Do you repeat coping mechanisms?▪ Maladaptive or adaptive?▪ Finding personal resources▪ Craving a cigarette? Shocking!▪ The sound of music▪ Where do you feel relaxed?▪ The science of guided imagery▪ Guided Imagery Worksheet™▪ 3 out of 4	<ul style="list-style-type: none">▪ Progressive Muscle Relaxation™▪ Guided Imagery Worksheet™▪ Test Your Knowledge Exercises

23. Anxious about interaction

Unit	Here's what you'll learn	Extra support material
<p>23.1 Skills Lab™: How well do you cope in social settings?</p>	<ul style="list-style-type: none"> ▪ Feeling anxious in social settings? ▪ Fearful and avoiding? ▪ Social Situations Questionnaire™ ▪ Let's see a real client example! ▪ Social Anxiety Assessment™ example 	<ul style="list-style-type: none"> ▪ Social Situations Questionnaire™ ▪ Social Anxiety Assessment™
<p>23.3 What if interacting with people causes stress?</p>	<ul style="list-style-type: none"> ▪ Linking anxiety and avoidance ▪ Tracking your client's progress ▪ Practical Assignment ▪ When people cause stress ▪ You are the centre of attention! 	<ul style="list-style-type: none"> ▪ Social Avoidance Assessment™ ▪ Best Foot Forward Guide™ ▪ Practical Assignments
<p>23.3 Social skills to reduce unease</p>	<ul style="list-style-type: none"> ▪ Social skill deficits ▪ What is social anxiety disorder? ▪ Hallmarks of social anxiety disorder 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises
<p>23.4 Skills Lab™: Can you rehearse being social?</p>	<ul style="list-style-type: none"> ▪ How common is it? ▪ Does anxiety make you ill? ▪ Is it a disorder or just temporary? ▪ Preventing long term problems 	

23. Anxious about interaction

Unit	Here's what you'll learn	Extra support material
<p>23.1 Skills Lab™: How well do you cope in social settings?</p>	<ul style="list-style-type: none"> ▪ What's coming up? ▪ Interacting mice ▪ Making friends? ▪ Physiological changes ▪ Raising socially anxious kids 	<ul style="list-style-type: none"> ▪ Social Situations Questionnaire™ ▪ Social Anxiety Assessment™
<p>23.3 What if interacting with people causes stress?</p>	<ul style="list-style-type: none"> ▪ Does social anxiety = shyness? ▪ Hofmann's model of SAD ▪ Overthinking social situations ▪ Breaking bad news ▪ SPIKES for giving bad news 	<ul style="list-style-type: none"> ▪ Social Avoidance Assessment™ ▪ Best Foot Forward Guide™ ▪ Practical Assignments
<p>23.3 Social skills to reduce unease</p>	<ul style="list-style-type: none"> ▪ Workplace interactions ▪ Social bonding decreases anxiety ▪ Social skills training? 	<ul style="list-style-type: none"> ▪ Test Your Knowledge Exercises
<p>23.4 Skills Lab™: Can you rehearse being social?</p>	<ul style="list-style-type: none"> ▪ Social effective therapy ▪ Social skills training techniques ▪ Making eye contact? ▪ Mentally rehearsing 	

23. Anxious about interaction

Unit	Here's what you'll learn	Extra support material
<p>23.1 Skills Lab™: How well do you cope in social settings?</p> <p>23.3 What if interacting with people causes stress?</p> <p>23.3 Social skills to reduce unease</p> <p>23.4 Skills Lab™: Can you rehearse being social?</p>	<ul style="list-style-type: none">▪ Creating social skills▪ Why use the guide?▪ How to use the guide▪ Best Foot Forward Guide™▪ Let's see a real client example!▪ Preparing for the future▪ Practical Assignment	<ul style="list-style-type: none">▪ Social Situations Questionnaire™▪ Social Anxiety Assessment™▪ Social Avoidance Assessment™▪ Best Foot Forward Guide™▪ Practical Assignments▪ Test Your Knowledge Exercises

24. Setting up your practice

Unit	Here's what you'll learn	Extra support material
<p>24.1 Dos, don'ts, and must dos</p> <p>24.2 Professional, legal, insurance, and tax considerations</p>	<ul style="list-style-type: none">▪ Acting responsibly and ethically with clients▪ What you CAN and CANNOT do▪ What you MUST do▪ The importance of medical advice▪ Which products or brands?▪ Running a successful practice▪ Includes templates of legal documents▪ Setting up your practice▪ The 4 most important steps to follow▪ Types of insurance cover you need▪ Registering as self-employed▪ Your initial client consultation▪ Observing client confidentiality and data protection	<ul style="list-style-type: none">▪ Health Check Questionnaire▪ Medical Referral Form▪ Client Informed Consent Form▪ Test Your Knowledge Exercises

24. Setting up your practice

Unit	Here's what you'll learn	Extra support material
<p>24.1 Dos, don'ts, and must dos</p> <p>24.2 Professional, legal, insurance, and tax considerations</p>	<ul style="list-style-type: none">▪ Includes the following downloadable documents for immediate use:<ul style="list-style-type: none">➤ Health Check Questionnaire➤ Medical Referral Form➤ Client Informed Consent Form	<ul style="list-style-type: none">▪ Health Check Questionnaire▪ Medical Referral Form▪ Client Informed Consent Form▪ Test Your Knowledge Exercises

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