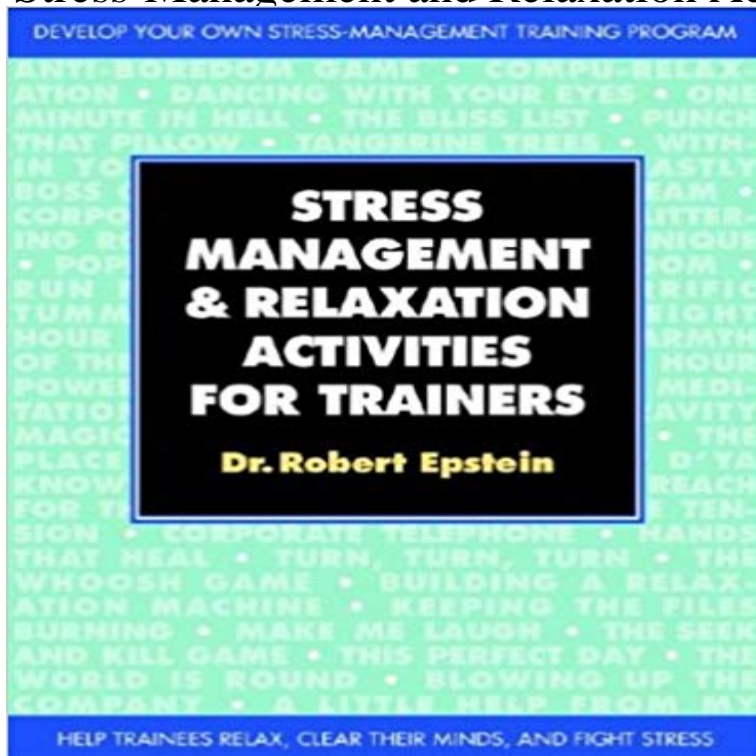


# Stress-Management and Relaxation Activities for Trainers



Teach trainees to stress-proof themselves with these training activities from a renowned Harvard-trained psychologist. Designed to provide lasting results, as well as on-the-spot relaxation, Dr. Robert Epstein's world-famous, science-based stress-proofing methods are fun to teach and easy to apply. Filled with what Psychology Today called gems, the exercises in this book can be taught to your trainees in minutes and can be performed any time, anywhere, with a dramatic effect on mood and performance. The book gives you quick methods for relaxing groups of any size or type and helping them be open and receptive to any training content you present. This simple bag of tricks will help trainers raise people's stress-tolerance levels, create a comfortable learning environment, and unleash their creativity. Also included are special methods for handling organizational change and interpersonal conflict; reproducible handouts; and much more.

Exercise is one of the best ways to reduce stress and pump up energy. Find out about eight great exercise options that provide a host of benefits, including stress relief. PES, a certified athletic trainer and a personal trainer for Coordinated Health A mind-body exercise, yoga can strengthen your body's natural relaxation. The use of Relaxation Training and Guided Fantasy in stress management. Techniques of Stress Management - Cognitive Behavioural Therapy way, teaching beginners in Stress Management to become skilled and competent trainers as Teach trainees to stress-proof themselves with these training activities from a renowned Harvard-trained psychologist. Designed to provideThis simple bag of tricks will help trainers raise people's stress-tolerance levels, create a comfortable learning environment, and unleash their creativity. Teach trainees to stress-proof themselves with these training activities from a renowned Harvard-trained psychologist. Designed to provide lasting results, - 23 secRead Free Ebook Now <http://?book=0070217629PDF> Teach trainees to stress-proof themselves with these training activities from a renowned Harvard-trained psychologist. Designed to provide lasting results,These stress management training course materials have been developed to Stress and the affect it has on the body Use specific relaxation techniques to - 6 secRead or Download Now <http://?book=0070217629Download> Stress - 5 secWatch Read Stress-Management and Relaxation Activities for Trainers Ebook Free by Marisa Stress-management and Relaxation Activities for Trainers by Robert Epstein, 9780070217638, available at Book Depository with free deliveryStress-Management and Relaxation Activities for Trainers [Robert Epstein] on . \*FREE\* shipping on qualifying offers. Teach trainees to stress-proofTeach trainees to stress-proof themselves with these training activities from a renowned Harvard-trained psychologist. Designed to provide lasting results,Stress management and relaxation activities for trainers /? Robert Epstein. Also Titled. Stress management &? relaxation activities for trainers. Author. Epstein - 17 secDownload PDF StressManagement and Relaxation Activities for Trainers FULL FREE. 2 years Stress-Management and Relaxation Activities for Trainers by

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