

ACT For Stress Relief

Course Duration: 2-day; Instructor-led

Time Schedule: 9am-5pm

Lunch: 1:00pm- 2:00pm

Morning Tea-break: 10:30am-10:45am

Afternoon Tea-break: 3:30pm -3:45pm

OVERVIEW

In today's fast-paced world, professionals and leaders often struggle with stress, anxiety, and burnout—common challenges that can hinder personal and professional growth. Our "ACT for Stress Relief" workshop is designed to address these negative emotions by equipping participants with practical skills in Acceptance and Commitment Therapy (ACT). By the end of the program, participants will learn how to apply mindfulness and cognitive defusion techniques, empowering them to manage stress more effectively and align their actions with their values. This foundational understanding aims to enhance overall emotional resilience and daily functioning without promising quick fixes

LEARNING OBJECTIVES

This 2-day workshop is focused on integrating Acceptance and Commitment Therapy (ACT) principles to manage stress, anxiety, and burnout effectively. By incorporating ACT principles, leaders can manage their stress more effectively, which in turn can enhance their leadership efficacy, improve interpersonal relationships, and contribute to a more positive organizational climate.

Upon completing this workshop, participants should be able to:

- Apply key ACT principles to reduce stress
- Develop strategies for more effective emotional and psychological resilience
- Enhance daily functioning by aligning actions with core values

TARGET PARTICIPANTS

Corporate professionals, Team Leaders and Managers

METHODOLOGIES

Our "ACT for Stress Relief" workshop uses an experiential learning approach, integrating Acceptance and Commitment Therapy (ACT) principles with interactive exercises. This workshop is designed to be engaging, using a mix of gamified exercises, role plays, guided reflections, and self-assessment tools to enhance learning. Each session includes a detailed debrief, ensuring participants can apply ACT techniques to their daily challenges effectively.

PROGRAM VALUE PROPOSITION

This workshop uniquely incorporates emotional health summary reports from voice analysis, providing insights into emotional states to enhance time and stress management. Understanding emotional triggers through voice analysis helps participants optimize their daily planning and task prioritization. This leads to improved productivity and well-being by aligning daily activities with personal values and commitments.

COURSE CONTENTS

Introduction

- Ice-breaking activity
- Introduction to ACT and its relevance to stress relief
- Activity: Pre-training assessment and small group discussion

Module 1: Understanding Stress

- What is stress?
- Identifying stress triggers and symptoms
- Common stress management challenges faced by leaders and impact on performance
- Video: “The Yerkes-Dodson Law”

Activity: Self-assessment and small group discussion

Module 2: The Emotional Triad and Emotional Regulation Patterns

- How physiology, focus and language impact emotional state and how to leverage them
- Identifying emotional regulation patterns and how to leverage them

Activity: Role play and small group discussion

Module 3 : Core Principles of ACT (Part 1)

- Acceptance vs Avoidance
Activity: “The Chinese Finger Trap” and debrief
- Cognitive Defusion
Activity: Role play, group discussion and debrief
- Self As Context
Activity: Role play, group discussion and debrief

Module 3 : Core Principles of ACT (Part 2)

- Recap of Day 1
- Being Present

- Value and Committed Action
Activity: Self-reflection and small group discussion

Module 4 : Mindfulness and Cognitive Defusion Techniques

- Mindfulness techniques
 - Breathing and Body Scan
 - 5-4-3-2-1 Grounding Technique

Activity: Group practice and sharing

- Cognitive Defusion techniques
 - Labeling Thoughts
 - Thank You, Mind
 - Visualizing Thoughts

Activity: Role play, group discussion and debrief

Module 5 : Values Clarification and Committed Action

- Identify core values and making committed actions
- Positive Reframing
Activity: Role play, group discussion and debrief

Putting It All Together

Activity: “The Prison Break” , group discussion and debrief

- Recap and Personalized Action Planning