

# UNDERSTANDING AND MANAGING STRESS: TAKING CONTROL

This seminar is about helping you take control of the pressures and demands in your work and personal life. Its main purpose is to help you design a personalized stress management plan and to provide you with the resources to implement this plan.

This seminar will: help you understand the psychology and physiology of stress; help you assess your personal sources of stress; give you step-by-step instructions to guide you through the Stress Model; let you experience the “Train Yourself to Relax” program; and help you develop a practical set of tools and techniques that will enable you to think in a more rational and reasonable manner.

You will learn to:

- Understand the psychology and physiology of stress
- Assess your personal sources of stress
- Apply Dr. Melnychuk’s “Stress Model”
- Use scanning and focusing techniques
- Develop an internal Tension Thermometer to measure stress
- Experience the “Train Yourself to Relax” program
- Manage anger and anxiety
- Implement the four step Problem Solving-Action Plan

## CLIENT FEEDBACK:

“I want to thank you for the “Understanding and Managing Stress: Taking Control” seminars that you have facilitated for the Shell Chemicals employees in the Calgary office and the Shell Chemicals plant located near Fort Saskatchewan. I have received very positive feedback from all sessions. **I especially appreciate that you worked with us to design a course that would meet the need of our**

**employees and the organization.** More seminars are planned for both locations. Some of the comments that I would like to share with you are: “I am able to apply what I learned at the seminar to my job and my family life”, “I really enjoyed the seminar, it gave insight to **recognizing signs of stress**”, “I found the seminar very helpful; I took the information home and discussed it with my wife and children”, “I found the seminar fun and entertaining, as well as providing tools that I can use in my everyday life”. Thank you for making the seminars both entertaining and informative. I look forward to working with you in the near future.”

– Pat Walker, Occupational Health Nurse,  
Shell Chemicals Canada Ltd.

“Don, it was no surprise to see the survey results of **your two seminars showed a 100% satisfaction rating.** You deserve a huge applause considering you were able to connect to a diverse audience of trades people, employers and provincial government staff. Participants **loved the hands on steps, actions and techniques** which you presented in a clear and humorous format. I want to thank you very much for delivering exactly what we asked for and more than what we could have hoped for.”

– Dave Pocock, Consultant  
Apprenticeship and Industry Training

“Dr. Don Melnychuk presented a “Stress Management Seminar” for shift working employees at the Husky, Oil Refinery. I personally attended a similar session at the Husky, Oil Upgrader, in Lloydminster and still **use the information and skills attained** at that seminar. Employees come out of the sessions with a more positive attitude than when they went in. Don is able to achieve an amazing relationship with the participants. They come out fired up and wanting more. We look forward to working with Dr. Don in the near future in setting up different types of sessions using his vast expertise.”

– Cliff Lovelace,  
Quality Representative/Training, Husky Energy