



29 December 2009

Your Ref:

Our Ref:

QUESTIONNAIRE

STRESS – THE SILENT KILLER

A recent survey showed that 70-90% of us feel stressed at work and outside work. Today's fast paced lifestyle is taking its toll on us; many people use the phrase "I have no time" a little too regularly. The paradox of stress is that it is largely self inflicted. The pressures or worries created by the 'striving for' whatever it is a person is striving for, creates the uncertainty that creates the stress. Although stress is largely a normal part of life, in today's society we largely overdo it and some of us find ourselves 'over' striving for possessions, money, promotion, power to our detriment.

Stress is also something very personal. It depends on how we look at and interpret what is happening around us. This emotional/mental pressure has a psychosomatic effect on the body. Unless we learn to manage stress, we will get sick. But it does not have to be that way - prevention is always better than cure. Getting to the route of stress can alleviate many future occurrences. There are also self help steps that can be taken to manage stress at an individual level such as exercise, nutrition, relaxation techniques and meditation amongst others.

Please answer the following questions to assist us with our needs assessment study.

1. Which of these words best describes the general lifestyle of the employees in your organisation? (please circle or delete inappropriate answer)

Calm - **Yes/ No**, Active- **Yes/ No**, Stressed - **Yes/ No**

2. Do you consider education on health & wellbeing/ healthy lifestyle a priority topic to your organisation given the fast paced society that we live in and the increase in sick leave among employees? (Please circle or delete inappropriate answer).

Yes/ No

If yes, what proactive measures has your organisation taken in this regard?



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3. Do you think that you/ your employees get 100% of the daily nutrition needed for optimum health? (please circle or delete inappropriate answer)

Yes/ No

4. Please read the seminar overview below– if we were to invite you to attend such a seminar would you be interested in providing delegates? (please circle or delete inappropriate answer)

Yes / No

Stress Management Seminar Overview (2 Days)

Who should attend?

Those who wish to better manage the pressures they face at work. Those who wish to restore calm, clarity and concentration to their roles at work and their relationships in general. It is also for those whose role is to help others identify and manage their stress.

Course Objectives

This two day workshop is designed to provide participants with a complete understanding of the causes and cures of stress and how to use practical tools to prevent stress.

By the end of the course delegates will be able to:

- Identify the type and level of stress which you are experiencing
- Know how to relax and refresh mind and body
- Develop a constantly positive attitude and protect oneself against negativity
- Strengthen their ability to respond and build your confidence
- Recognise stress in others and help them manage it more effectively
- Adopt methods to stop consuming others' stress and being affected by their emotions

Course Overview

Part 1 - Understanding Stress

- What is stress and why does it happen?
- The seven illusions which now surround the concept of stress.
- The signs, symptoms, causes and triggers of stress.
- Why stress is a powerful messenger and why we go into stress denial.
- How to break the vicious cycle of stressful thinking.
- The vital link between our beliefs, perceptions and our experience of stress.
- The difference between reactivity and responsibility.



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Part 2- Managing Stress:

- Insights, tools and techniques to manage stress
- How to focus your mental energy, think positively and respond proactively.
- Strategies to conquer stress triggered by change.
- Learning how to relax and recharge, anywhere, anytime.
- What to do when you are hit by sudden panic or anxiety attacks.

Part 3 -Preventing Stress:

- Interrupting the stress reaction before it occurs.
- How to recognise the root cause of all forms of stress and 'nip it in the bud'.
- Methods to prevent anger and conflict escalating in relationships.
- How to take the stress out of working with difficult people.
- Introduction to Nutritional therapy/understanding the nutritional protocol and impact of food choices and changes to maximize well being.
- Relaxation techniques and services available.

5. Are there any other suggested topics you would like covered other than those listed above? (please circle or delete inappropriate answer)

Yes (provide more details)

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No

Kindly complete and send your response back to the following email address:
mannahousefoundation@yahoo.com

THANK YOU SO MUCH FOR YOUR CO-OPERATION!!!



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