

Systematic Stress Management™

The Proven Way to Relax
& Increase Productivity



"I have utilized AIPM products and services with high satisfaction. I find your staff to be extremely helpful and your products very flexible. You are a great overall resource."

Theresa Griffith, Coordinator, Population Health Management,
Compass Point Medical Management, Charlotte, NC

Overview

Systematic Stress Management™ teaches individuals to cope more effectively with stress in their lives.

The information and techniques are presented systematically so that individuals are able to prevent and minimize all types of stress. The program is effective, easy-to-learn, and can be readily utilized in a person's normal living and working environment.

Participants will learn to stop negative thinking, regain control of their time, and work more effectively with others.

The result will be increased productivity and greater personal peace. Workplaces as well as employees/ members benefit from providing Systematic Stress Management™.



Contents

Materials in a Systematic Stress Management™ Kit

- Vinyl Album
- Program Workbook (144 pages)
- Relaxation CD
- Success Over Stress CD (only in self-help kit)
- Thought Zapper
- Customized Biofeedback Card



Delivery Options

Self-Help Kit

Each person receives a self-interactive Systematic Stress Management™ kit. He or she also receives unlimited inbound telephonic coaching by a care counselor.



Telephonic Coaching

Outbound telephone calls are provided by a Systematic Stress Management™ care counselor. These calls, over a one year period, will reinforce the materials in a Self-Help Kit, help the participant set and reach goals, and problem solve. Call for details and pricing.



Group Program

A member of your staff can be trained to lead a Systematic Stress Management™ group class. Each group participant receives a Systematic Stress Management™ kit.

Online Version

Put Systematic Stress Management™ on your Web site or link to our server.



Success Over Stress

The key techniques and concepts from Systematic Stress Management™ are presented in 2 CDs. The first summarizes the program's educational content. The second one presents 3 relaxation exercises.



Relaxation CD

This popular recording presents a series of 3 professionally recorded relaxation techniques. It is considered by many to be the best stress recording ever produced.

Biofeedback Card

Indicates a person's stress level through finger temperature and teaches relaxation techniques.



Success Over Stress Permafold®

Printed on Plastic for the Price of Paper
This 12 panel health guide teaches how to effectively cope with stress.





Program Topic Areas

Understanding Stress

1. Eustress and distress
2. General Adaptation Syndrome
3. Stress and productivity
4. Symptoms and diseases associated with stress
5. Stress and change
6. Identifying stressful situations and triggers

Biofeedback and Relaxation Techniques

1. Mental imagery relaxation
2. Relaxation response
3. Progressive muscle relaxation
4. Deep-breathing relaxation

Thinking Differently

1. Evaluating your own belief system
2. 12 common irrational beliefs
3. Disputing beliefs that are stressful
4. Thought control techniques
5. Psychological pollution
6. Creative imagery

Work Stress

1. Stressors in a work setting
2. Identifying your work stressors
3. Progression of job burnout

Time Management

1. Short-term and long-term goals
2. Time management problems
3. Time management techniques
4. Overcoming procrastination
5. Delegation

Type A/B Behavior Patterns

1. Characteristics of Type A & B behavior patterns
2. Type A & B research
3. Identifying your own behavior type
4. Modifying unhealthy behaviors

Communication and Stress

1. Effective listening
2. Assertiveness training