



COLLEGE OF PUBLIC HEALTH
UNIVERSITY OF THE PHILIPPINES MANILA
SEAMEO-TropMedPhilippines

**Regional Centre for Public Health, Hospital Administration,
Environmental and Occupational Health**



De-Stress, De-Anger and De-Ignore

June 22-24, 2016

For more information and registration,
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Course Description:

De-Stress, De-Anger and De-Ignore combines three practical, interrelated but often neglected skills: stress management, anger management and conflict resolution as well as listening and interpersonal effectiveness. Stress is common at home, school and work. It can be motivating, but it can also be overwhelming. Conflict can lead to anger—a normal, healthy emotion but one that can also be destructive. Finally, people listen not to hear but to speak. It is all too common that we are already thinking of what to say when someone is talking. In effect, we are not listening. This 3-day workshop equips participants with specific and simple strategies to identify and manage stress, to practice and promote conflict resolution and to be effective, empathic listeners. No prior experience or relevant knowledge is needed. The workshop is appropriate for professionals, students and laypeople who aim to enhance their personal growth and psychosocial wellness.

Course Objectives:

1. To learn and apply strategies in stress management, such as relaxation techniques and guided meditation
2. To learn and apply two key components of conflict resolution—assertiveness and cooperativeness
3. To learn and apply listening and interpersonal skills that are supportive, productive and empathic

Topics: Stress management, anger management, conflict resolution, listening, interpersonal effectiveness, barriers to behavioral change