

## *Certificate of Completion*

THIS CERTIFIES THAT  
***CALEB FELLOWES***

has participated in the following education session:  
**Stress Management: Choose Another Thought**

Presenter Nicole Nash-Arnold  
of Nurse Manager HQ

In this session you will:

- Analyse thinking processing style to understand ways to battle the stressful thought
- Understand the notion of resilience and how it is the natural antidote to stress
- Apply the knowledge to identify the stress triggers of others to tailor your response to them to ward off conflict
- List the top triggers of stress to work smarter not harder to combat it

Completed on  
**15 April 2019 (duration of 1 hour/s)**

**This equates to 1 CPD Hour/s (Continuing Professional Development)**

### REFLECTION:

Stress - the triggering of the flight or fight response based on the situation we find ourselves. It's meant to get us moving when we accidentally come face-to-face with a sabre-tooth tiger. Not much call for that kind of stress anymore.



Cheryl Dezotti  
Director of the Nursing CPD Institute

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