

Managing Stress at Work

Training Course Details

About This Course

This course covers vital theory and practical techniques for all aspects of managing stress at work.

Who Should Attend?

Anybody who comes across or is placed under stress – either in the workplace or away from work.

Course Objectives

To give students the tools to identify the causes of stress, the be able to recognise their own personal stressors and to be able to effectively manage their own stress.

Course Overview

Welcome and introduction, followed by:

- Definition of stress
- Positive stress
- Identifying personal stressors
- Human performance curve
- Positive management of stress
- Relaxation methods
- Long to reduction of health risks
- Physiology of stress / effects on the body
- Effects of excessive stress
- Stress in the workplace
- Burnout
- Physiology of breathing
- Relaxation movements

Practical scenarios to recap key points

Assessment – written and practical

Course Details

Duration **1 day**
Certificate **Certificate of completion provided**

Course Title **Managing Stress at Work**
Course Ref **HR005MSW**