



Stress Awareness.

Duration: Half or 1 Day.

Course overview:

There is a difference between stress and pressure. We all experience pressure on a daily basis, and need it to motivate us and enable us to perform at our best. It's when we experience too much pressure without the opportunity to recover that we start to experience stress.

The HSE definition of stress is "the adverse reaction a person has to excessive pressure or other types of demand placed upon them". We can all feel stressed at times when we feel as though everything becomes too much, when things get on top of us, or when we feel as though we are unable to cope.

Work-related stress can be tackled by working with your employees to identify issues at source and agreeing realistic and workable ways to tackle these.

Course content:

The course will cover:

- Definition – What is stress?
- Causes of stress.
- Identifying signs of stress.
- Responding to people identified as being under stress.
- Managing stress.
- Work – lifestyle relationship and stress.
- Relaxation techniques.
- Developing a stress management policy.
- Support mechanisms.
- Stress and the law.

The workshop will include case studies from stress claims and the lessons learned; exercises and action planning.

Course booking:

Please contact one of our team for further details, course prices and booking arrangements on 01384 686039.