Stress Management

About this course

Stress has become a main factor in the working person's life. It seems that the busier you are the more stressful things can become. It is a well-known fact that if stress can be managed and reduced then productivity increases and absenteeism reduces. This course provides the participant with techniques to identify and manage stress.

Duration: 1 day

Learning outcomes

Upon completion of this course participants will be able to:

- understand the difference between stress & pressure
- Understand how stress impacts your productivity and work/life balance
- Evaluate the causes of stress in their own lives and how they currently manage it
- Understand the connection between modern technology and stress
- Use a variety of techniques to reduce stress.
- Prepare a stress reduction action plan

Who should attend

This course is aimed at individuals who wish to understand how stress builds up in their lives and how to manage it effectively.

Course syllabus

Module 1: The difference between pressure & stress.

- Introduction - What is pressure & stress?
- The effects of both pressure and stress

Module 2: Cost/benefits of reducing work stress

- Impact and cost of stress on an organisation
- Benefits of tackling workplace stress
- Case Studies, Group discussion & exercises

Module 3: Stress and Personality Types

- Does stress effect some people more than others? Examples from Industry.
- Personality types
- Case studies of personality types and stress
- Your personality type examined

Module 4: Personal Stress Assessment

- Stress Awareness. Is all stress bad?
- The common reactions to stress and its management
- The four sources of stress – emotional, mental, physiological and behavioural
- Personal values & perceptions, & stress
- Modern Technology & how it affects stress
- The long term effects of stress
- Personal reflection on the causes of your own stress and how you manage it.

Module 5: Strategies for stress management – the Stress Management Toolkit

- Relaxation Techniques & Physical Exercise
- Assertiveness skills
- Setting boundaries and learning to say No
- Time Management Tips and Skills
- The great Digital Detox
- Maintaining a work life balance
- The power of positivity & People skills
- Group Discussions and carrying out of some of these exercises in class

Module 6: Personal stress Plan

- Evaluating your current stress inducers and using the toolkit to reduce them effectively
- Setting your realistic goals

Module 7: The positive to work approach for corporate stress management

- Legal obligation to reduce workplace stress
- Collaboration between employers and employees to address work-related stress throughout the organisation
- Core areas of work that can lead to stress – a review of the standards and what can be done in the participants workplace to manage stress
- Group Discussion
- Your organisational stress management plan