

## Duration

Full day

## Suitable For

For anyone who feels stressed in their working life and/or at home and those dealing with stress in others.

## Aim Of the Course

The aim of the course is to provide individuals with information to develop their knowledge and understanding of the effects of stress in themselves and others.

All delegates will be presented with a variety of skills and techniques that can be used to maintain a balanced healthy lifestyle reducing and coping with the pressures of home and work.

## Objectives

By the end of the course delegates will :

1. understand the causes and effects of stress in the workplace and at home
2. be able to identify the causes of stress for them as individuals and for others
3. understand how stress and stress management affect performance in the workplace and contribute to the balance of good health
4. be able to use a range of short and long term strategies and tactics that can help them and others manage stress at home and in the workplace

## Course content

- Definition of stress
- Understanding the difference between pressure and stress
- How to balance pressure with performance
- An individual approach in recognising the causes of overload
- Appreciation of the potential emotional, physical and behavioural impact of excess pressure on the individual and the workplace
- How to identify the symptoms of stress in oneself and others
- An opportunity to work in small groups
- A chance to explore the most appropriate coping strategies for the individual and the workplace
- Tool kit and further support