

Stress Management

The effective reduction and prevention of stress can enhance productivity and health while providing the individual with a more balanced lifestyle. Managing stress in the workplace reduces the risk of employee's absenteeism or taking legal action against their employer. During this workshop, you will:



- Gain an understanding of what causes stress
- Recognise stress symptoms and create solutions to diminish them
- Learn to detect signs of stress in their early stages
- Apply stress management techniques to the work environment
- Gain an understanding of the common law, criminal law and health and safety legislations

Course Outline

- The new definition of stress
- The legal and health and safety implications of stress in the workplace
- Inventory of personal and professional stressors
- Identify your stress symptoms
- The four coping strategies of stress
- The impact of change on stress
- Actions to counteract stressful thinking
- Stress management tools and techniques
- The impact of attitude on stress
- Precautions an employer can take to manage stress
- Managing employees' reasonably foreseeable stress
- Creating an action plan to manage stress in the workplace

Duration

1 Day

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