

STRESS MANAGEMENT

When work-related stress is not dealt with, it becomes a significant health and safety issue. It costs organisations in terms of poor performance, high turnover, absenteeism, and poor teamwork. Individuals can suffer significant mental and physical consequences.

This course gives participants the opportunity to explore the causes of stress, and to develop strategies for dealing with it. The emphasis is on real life skills that participants can use immediately.

OBJECTIVES

Upon completion of the course, participants should be able to

- ✓ identify the stressors in their life
- ✓ evaluate the effects of stress on both their work and personal lives
- ✓ develop personal strategies for coping with stress
- ✓ identify symptoms of burnout and and overload
- ✓ develop a more wholesome work/life balance.

KEY TOPICS

- ✓ Causes of stress
- ✓ The workplace as a cause of stress
- ✓ Body, brain, behaviour: what happens when you are under stress
- ✓ Life changes and their effect
- ✓ 6 steps to manage stress
- ✓ Irrational thinking and how to turn it around
- ✓ Learning to say No
- ✓ Mindfulness: calming the mind
- ✓ Creating a more wholesome work/life balance.

APPROACH

Lecture, small group discussion, and self-assessment tools allow the participant to take a rational approach to dealing with stressful events. The course is designed to give participants skills they can use immediately either at home or in the workplace.

LENGTH: One day