

## **Stress Management Workshop**

It is a sad commentary on modern life that increasing numbers of people suffer from stress and stress-related illnesses. From an employer's perspective, the costs involved in supporting employees caught out in the stress trap are spiralling. In addition, employees are now turning to the courts to gain financial redress for their conditions which they often perceive as being induced through the circumstances of their employment.

By its very nature, the course addresses these issues at two levels. Firstly, at the level of the attendee by increasing their awareness and understanding of all the issues involved. Secondly, by those attendees taking away with them the knowledge and understanding to deal with, not only, their own stress levels but to identify and subsequently support those under their care and supervision.

### **This is achieved during the two days for the candidates by :**

- Defining what stress is and how it can be manifest in all aspects of our lives
- Highlighting that stress is not only work related by identifying all the various sources of stress
- Allowing the attendees to evaluate their own current stress levels
- Identifying the symptoms of stress in oneself and in others
- Taking immediate action for dealing with stress
- Creating a mediate to long-term plan to avoid stress in the future

### **Chapters**

- Chapter 0 Course Introduction And Overview
- Chapter 1 What is Stress and What causes it?
- Chapter 2 How can it affect us?
- Chapter 3 Stress First Aid
- Chapter 4 Stress Management Strategy
- Chapter 5 Planning for the Future