

## Stress Management. One or Two-day workshop

This workshop covers topics such as personal stress awareness, the physiology of stress and different approaches for dealing with the stress response.

**Main Aim:** To give a clear understanding of the causes and effects of stress and to suggest strategies for dealing effectively with the stress response.

### Programme Contents:

#### A stress model:

- Demands
- Perception
- Coping skills
- The stress response
- Restoring balance

**Demands:** Identifying sources of stress. Stress in the workplace. Simple techniques for removing or reducing the causes of stress.

**Perception:** Challenge the way we act and react. Adopt a positive approach. Keeping self-esteem high.

**Coping skills:** Consider skills needed to meet demands. Identify any skills gap. Add to our coping skills tool kit.

**The stress response:** The physiological stress response. How stress affects our behaviour and performance. Long-term health risks associated with stress. Recognise the signs and symptoms of stress.

**Restoring balance:** Dealing with the physiological effects of stress. The role of exercise and relaxation. Developing support networks.

**Action Plans:** Personal and organisational action plans

**Options:** This programme can be delivered as a one or two day course.

It can focus on personal stress management for individuals or combine personal and organisational stress for Managers seeking to reduce stress levels in the workplace.