

Let's Not Get So Stressed!

Programme Outline

Who can benefit?

The course is suitable for staff wanting to maximise performance by recognising, dealing with and preventing stress

Course Objectives

- Describe what stress is
- Describe how to recognise stress
- Outline the causes of stress
- Produce a strategy for coping with stress
- Design a course of action for preventing stress
- Draw up an action plan for themselves and their area of work

Course content

- What is stress?
- Symptoms of stress
- Causes of stress
- Our own triggers
- How to cope with stress and stressors
- Strategies for reducing stress
- Action Planning

Course Duration

1 day