



Personal Stress Awareness in the Workplace

Introduction

This half day course helps you to understand what the causes of stress are and identify how to manage personal stress. You will identify and discuss the symptoms of stress and how to overcome these.

Course Objectives

By the end of the course, delegates will have:

- *Identify* the causes and symptoms of stress
- **Review** sources of stress
- **Discuss** methods of communication to express feelings
- **Review** methods of handling stress
- **Understand** support resources and mechanisms

Course Content

What is Stress?

What causes stress? Recognising the symptoms of stress

Sources of Stress

What are the potential sources of stress? Linking Stress symptoms to stress sources

The Three Stages of Stress

Signs to look out for

Managing Personal Stress

Expressing your feelings Communication 'Stress Buddies'

Handling Stress Policy

Review of policy

Return to Work

Workshop Review and Close

Duration: Half Day Course

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