

## 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

**Duration:** Half Day Course

### 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

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