

# Stress Management

Those whose stress levels are having an undesirable impact on their work effectiveness and self-confidence | **1 day**

**Many authorities are describing stress as an epidemic, which is contributing to around 70% of all workplace absenteeism. It is seen by many as by far the leading workplace health issue. Stress is having a dramatic impact on the organisational bottom line and quality of lives of workers.**

**The workshop will help participants to better handle stress in their work and personal lives, by lessening the impact of stressors, increasing their resistance to 'negative' stress, and developing skills in areas that impact on their stress levels.**

## Objectives

On completion of the training, participants will be able to:

- identify the key stressors in their work and personal lives, and how they typically deal with those stressors
- learn from the latest research on stress and stress management
- evaluate the effects of stress on their physical, emotional and mental health
- implement strategies that will help them to deal more effectively with the key stressors in their work and personal lives
- lessen the degree of negative self-talk and irrational beliefs that are affecting their stress levels

## Key Content

- What is stress? Is it always bad?
- The latest research on stress
- Your reactions to stress, and how it affects you
- Stress: How we interact with the environment
- Stress self-appraisal questionnaire
- Four Key Links
  - 1: Stress and time management
  - 2: Stress and assertiveness
  - 3: Stress and negative self-talk/irrational beliefs
  - 4: Stress and lifestyle/relaxation
- Finding a work/life balance

## Comments by Participants

- A most interesting and rewarding day
- Good practical skills
- Good presenter – good opportunity for information exchange
- Very informative – easy to listen to
- All sessions gave good examples and made you think
- Facilitator good – very knowledgeable; content good/relevant
- Very interactive training course, which facilitated learning