

Stress Awareness and Management

The main aims of the Stress Awareness and Management training are **to provide an overview of stress and what causes it**, whilst also, **equipping employees and employers with strategies to both identify and cope with the stress of life**. Participants will learn and apply their knowledge through a series of interactive, thought-provoking and group discussion based activities.

Participants will also learn about stress and the difference between helpful pressure and unhelpful stress, and will also be provided with the opportunity to identify coping strategies and practice short moments of mindfulness.

Some of the things this course will examine are:

- Understanding stress and pressure – what is stress and is there a difference between pressure and stress?
- Identifying the main stressors in our lives and the impact of our workplace environment and practices on our stress levels.
- Utilising strategies derived from Cognitive Behavioural Therapy (CBT), including the ACT and CIA model, to reframe stressors and adapt positively under stress.
- Assessing current levels of stress and understanding our relationship with it whilst dealing with feelings of uncertainty.
- Understand and apply stress management tools in real-time.
- Exploring how our thought patterns and personality can influence our ability to cope with life's challenges
- Reframing unhelpful ways of thinking and applying the cognitive triangle (ANT's – Automatic Negative Thoughts)
- Identifying sources of support – proactive stress management and planning.

This course will not:

- Enable a diagnosis of acute or chronic stress.
- Replace or substitute medical advice for stress management.

Group numbers: maximum of 20 participants.

Time scale: 2 hours

Course Expectations:

- Everything shared in this course is confidential
- All participants will show respect to others.

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Whilst this course does not contain any distressing content, the subject matter may provoke an emotional response for some participants. All participants are supported to engage with the training and the trainer is equipped to offer signposting/further support information as required at every session. If you have any concerns these can be discussed prior to any training delivery.

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Supporting Healthy, Resilient Workplaces



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