

action
mental
health

Workplace Wellbeing

Mental Health Training Programmes

Stress Awareness and Management



CPD[®]

The CPD Certification Service



This training provides an overview of stress and what causes it, as well as providing employees and employers with strategies to help them identify and cope with the stresses of life.



Participants will learn to:

- Understand stress and pressure – what is stress and is there a difference between pressure and stress?
- Identify the main stressors in our lives and the impact of our workplace environment and practices on our stress levels.
- Utilise strategies derived from Cognitive Behavioural Therapy (CBT), including the ACT and CIA model, to reframe stressors and adapt positively under stress.
- Assess 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.
- Explore how our thought patterns and personality can influence our ability to cope with life's challenges.
- Reframe unhelpful ways of thinking and applying the cognitive triangle (ANT's – Automatic Negative Thoughts).
- Identify sources of support – proactive stress management and planning.



This programme will not:

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



Programme format and duration

Duration: 2 hours

Group numbers: Maximum 20

This programme will incorporate a mix of slides and audience participation alongside group work and exercises.

This programme is CPD accredited.

Further support

Whilst this training 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.

**Book now to
improve your
workplace wellbeing**

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Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit amh.org.uk.



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