

STRESS MANAGEMENT

Who Is The Course For?

- People suffering from the effects of stress in the workplace
- Managers who are concerned to know their responsibilities and understand how to effectively manage stress within the workplace

Why Choose Faiers Training?

- Faiers Training uses eighteen years of experience in the care & support sector to deliver training that is both professional & practical
- Rather than deliver generic off the shelf courses, Faiers Training works closely with your organisation to tailor the course to your service. The course reinforces policies and procedures you already have in place and reflects the environment in which you operate.

COURSE CONTENTS

- **What is Stress?** – The differences between pressure & stress or good/bad stress.
- **Symptoms and effects of stress** - How to identify stress indicators and understand the impact of stress on emotional & physical health, behaviour, performance etc
- **Knowing ourselves** – Understanding personality types, fight or flight responses, internal and external stressors and recognising personal stress triggers within the workplace
- **Lifestyle Balance** – Getting a healthy balance, too little/too much stimuli, balancing work, rest and play and learning how to relax.
- **Helping ourselves** – Internal resources, coping mechanisms, communicating with colleagues, using support around us etc
- **Tackling Stress: The Management Standards Approach** – A look at the standards developed by the HSE

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