

Stress Management

We've all felt stressed at some point in our lives. Thankfully, for many of us this is a short-lived experience that we can manage relatively well, however there are situations or events that can put pressure on us, making it difficult to cope. With [one in four](#) of us affected by a stress-related illness over the next 12 months it's vital that we know to manage it and be confident in discussing it with others.

This course will raise awareness and provide a range of tools and techniques for individuals to address the issues associated with stress.

What will you learn?

- ⇒ Raise awareness on key stress factors and how to recognise the symptoms.
- ⇒ Discuss the myths and the facts that are associated with stress.
- ⇒ Provide practical help and advice on ways to minimise negative stress.
- ⇒ Explore different tools and techniques to support resilience to stress and learn how to turn negative stress into a positive.
- ⇒ Learn about the support that is available.

What will you cover?

- ⇒ What is stress and how to spot the signs
- ⇒ The causes and common stress factors
- ⇒ Positive and negative stress
- ⇒ The Circle of Influence
- ⇒ Why everyone responds differently and understanding trigger points
- ⇒ The ABC Technique of Irrational Beliefs
- ⇒ How to change your responses and reactions
- ⇒ Create a positive plan of action to embed your learning

Who is it for?

This course is for anyone who wants to identify potential stress issues and triggers in themselves and learn essential techniques to proactively manage and address these.

How long will it take?

Half-day