

BREAK THROUGH **STRESS**

When we are unable to cope well with the stress in our life, our health can pay the price



Stress can be a major barrier in both our professional and personal lives. Each person's threshold to stress is different. Learning to notice triggers and learning personal management techniques can help us to take action to prevent, manage and deal with stress responses.

A flexible 90-minute, interactive workshop for organisations wishing to improve staff health, absence and performance

Aims and Objectives

- Understanding the natural stress response and how it's useful
- To establish a relationship between our 'thoughts' and our responses
- Learning to react to life stressors in a healthy way
- Identifying ways to win control and manage stressful events and situations

Benefits to Delegates

- Feelings of overwhelm will be reduced, freeing staff up to be more effective
- Gain clarity and focus in stressful situations and be more resilient
- Develop robust habits for maintaining physical and emotional wellbeing

Workshop Outline

- Identifying the value in leading a stress free lifestyle
- Defining and identifying the causes and symptoms of negative stress
- Techniques for preventing negative stress responses and ensuring a culture which does not inadvertently encourage stress
- Personal management techniques and skills for dealing with stress within ourselves and others

Conclusion

Stress is a major contributor to absence and reduced performance in the workplace. This workshop will enable staff to define the causes of stress in themselves and in others, recognise symptoms and take action to prevent, manage and deal with stressful events and situations. This will make staff healthier, happier and more resilient

Scope of Work

This workshop can be run alongside a number of in-house wellness screening appointments for staff. Each one to one appointment is approximately 20-minutes in duration

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