

AIM

To identify and understand what stress is and identify coping strategies and techniques

PROGRAMME

What is stress? Explore the difference between pressure and stress.

- Signs and symptoms of stress
- The performance curve – the effect of stress on performance.
- Identifying individual causes of stress (work and home)
- Identifying Burnout

Ways of dealing with stress:

- What can be done in the workplace to improve stress?
The group will identify ways to deal with causes of stress
- Thinking strategies – Avoid, Reframe, Cope
Building resilience to stress – a healthy body deals better with stress
We will look at nutrition, diet etc.
- Relaxation and breathing techniques
- Emotional State Management