
Stress Awareness & Management Training

For more information, visit our [Stress Awareness & Management Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 3 sections

- 1 Understanding Stress
- 2 Identifying Stress
- 3 Reducing and Preventing Stress

LEARNING OUTCOMES

- ✓ Learn how to identify stress in yourself and in others
- ✓ Learn how to effectively reduce and prevent stress with positive steps
- ✓ Understand the mental and physical impact stress can have on an individual

ABOUT THIS COURSE

Stress is something that can affect all of us - it's something that can contribute to a great many illnesses, and **more working days are lost due to stress than for any other single reason.**

Our **Stress Awareness in the Workplace training course** shows you how to take positive steps to prevent stress; it looks at how to stay in control when the pressure is mounting and highlights the tell-tale signs to help you recognise problems before they become serious. It also provides strategies to put in place to **prevent pressure from getting out of control** - suggesting ways to change daily routines and learned behaviours to allow a better and more productive working life.

Statistics show there are around 526,000 cases of work-related stress in Great Britain each year, with nearly 12.5 million working days lost - that's over 3 weeks for each case. If you think that your staff may be susceptible to stress, allow our **Stress Awareness & Management Training** to help you recognise and combat the signs of workplace stress.

This course is suitable for all levels of staff including management and employers. It also works well alongside our [Mental Health Awareness Course](#).

To date, we've helped over 80,000 people become more aware of workplace stress - both in themselves and in colleagues.