



Stress Awareness for Managers

Course information



tnta
THE NATIONAL TRAINING ACADEMY



Overview

Stress can affect anyone. It occurs when the pressure is greater than the resource. It is not an illness; it is a state. If stress does become too excessive and prolonged, mental, and physical illness may develop as a result.

By understanding the causes of stress and being able to recognise them both in yourself and others, you can implement strategies and interventions early to stop those symptoms escalating.

This course is for all managers. Stress is a real issue that if not recognised and dealt with can have a detrimental impact on themselves and their staff.

This course contains the following modules:

Module 1 - An introduction to stress - In this module you will look at different types of stress, legislation, responsibilities, facts and figures and hazards and risks at work.

Module 2 - Signs and symptoms of stress - In this module you will look at stress perception and signs and symptoms of stress, including physical, emotional, mental and behavioural.

Module 3 - Managing stress for yourself and team members - In this module you will look at types of stressors, potential causes, management techniques, changing your thinking, support networks, lifestyle, diversion, and distraction and managing stress in your team.