

Stress Awareness in the Workplace

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.

As an employee you will be in stressful situations, both in your personal life and at work, even if you don't realise it.

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

This course is for all staff. Stress is a real issue that everyone needs to recognise and know how to deal with.

This course contains the following modules:

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

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

Module 3 - How to manage stress - In this module you will look at types of stressors, potential causes of stress in your own life, techniques to manage stress, changing your thinking, support networks, lifestyle, diversion, and distraction.