



# Stress Management

Everyone experiences stress from time to time. It can be brought on by any number of factors. It is a natural reaction to many situations in life including work, family, relationships and money.

Some stress can be a positive because short periods of stress are proven to make you more alert and increase your performance levels. However, work-related stress is a significant issue, with millions of working days being lost each year as a result of stress, anxiety and depression.

## The Course

Highfield's Stress Management Short Course is designed to help you understand work-related stress. The course will help you to understand what stress is, the common stressors and causes and the various strategies to manage work-related stress.

The course covers the importance of personal resilience and how this can help you to cope with stress, and finally will help you learn the steps to carry out a risk assessment for work-related stress.

## Areas Covered

- Defining stress
- The causes of stress at work
- Effects of stress on job performance
- Strategies for managing stress
- Stress reduction
- Stress and the law
- Management of Health and Safety at Work Regulations
- HSE's management standards
- Risk assessment for work-related stress

## Who Is It For?

This Short Course is ideal for any organisation and can be utilised as part of a workplace's health and wellbeing programme. Individuals may wish to use this course to understand their stress triggers and how to best deal with them. This course can be used as a stand-alone module or included in an induction programme.

It may also be useful as part of the on-programme phase of the new apprenticeship standards, helping apprentices integrate into the workforce effectively and efficiently. No prior knowledge needed.

## Typical Duration

20 - 40 minutes.

## Certification

Learners will receive a Highfield e-learning completion certificate, which is downloadable upon successfully finishing the course.