

# Stress Management

## **Who should attend this one day course**

Anyone suffering from the effects of stress in the workplace together with line managers wishing to understand the HSE management standards, support staff experiencing stress & reduce working days lost through stress.

## **Introducing Faiers Training**

Faiers Training uses over thirty years of experience in the care & support sector to deliver training that is both professional & practical.

## **COURSE OVERVIEW**

More than half of all working days lost per year in Britain are due to stress, anxiety or depression. This essentially practical course enables workers to identify the likely sources of their own stress and understand measures that can help manage stress and ensure a healthy and productive work environment.

## **COURSE CONTENTS**

- **What is Stress?** – The differences between pressure & stress.
- **Symptoms and effects of stress** – How to identify stress indicators and understand the impact of stress on emotional & physical health, behaviour, performance etc.
- **Knowing ourselves** – Understanding personality types, fight or flight responses, internal and external stressors and recognising personal stress triggers both within & outside of the workplace.
- **Lifestyle Balance** – Getting a healthy balance, too little/too much stimuli, balancing work, rest and play and learning how to relax.
- **Helping ourselves** – Internal resources, coping mechanisms, nine strategies for tackling stress at work, sources of help etc.
- **Tackling Stress: The Management Standards Approach** – A look at the standards developed by the HSE.

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The logo for Faiers Training, featuring the word 'Faiers' in a large, red, serif font with a horizontal line underneath it, and the word 'training' in a smaller, red, sans-serif font below that.

# The Manager and Stress

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## **COURSE OVERVIEW**

This essentially practical course enables workers to identify the likely sources of their own stress and understand measures that can help manage stress and ensure a healthy and productive work environment. It also assists line managers to understand their responsibilities & what they can do to support members of their team experiencing stress.

## **COURSE CONTENTS**

- **What is Stress?** – The differences between pressure & stress.
- **The duties of the employer**
- **Symptoms and effects of stress** – How to identify stress indicators and understand the impact of stress on emotional & physical health, behaviour, performance etc.
- **Knowing ourselves** – Understanding personality types, fight or flight responses, internal and external stressors and recognising personal stress triggers both within & outside of the workplace.
- **Lifestyle Balance** – Getting a healthy balance, too little/too much stimuli, balancing work, rest and play and learning how to relax.
- **Helping ourselves** – Internal resources, coping mechanisms, nine strategies for tackling stress at work, sources of help etc.
- **Tackling Stress: The Management Standards Approach** – A look at the standards developed by the HSE
- **The role of the Line Manager in managing stress.**

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