

Good Practice Training Group  
Stag Lodge  
Plympton  
Plymouth  
PL7 1UH

**Tel:** 0845 387 0269

**Email:** [info@goodpracticetraining.co.uk](mailto:info@goodpracticetraining.co.uk)

**Web:** [www.goodpracticetraining.co.uk](http://www.goodpracticetraining.co.uk)

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## Stress Awareness

**Course duration: Full or half-day option REF: SA12**

### Who is it for?

All staff

### Overview

This course is designed to assist attendees to identify stress in both themselves and others, and to develop and utilise effective techniques for stress avoidance. We will focus on short-term coping strategies and long term-resilience.

### Objectives

- Understand the causes of stress
- Understand the differences between stress and pressure
- Identify different responses to pressure/stress
- Understand the short term and long term responses to stress
- How stress affects the workplace
- Recognise what can be done about stress
  - Coping mechanisms
  - Work-life-balance
- Use a personal tool kit to manage pressure and stress

### Course overview

#### Identifying stress

- The causes of stress
- The differences between stress and pressure
- Symptoms of stress
- Recognising stress

## **The effects of stress**

- Short-term, and long-term responses to stress
  - physical
  - emotional
  - behavioural
- The effects on individuals, teams and service

## **What can be done about stress?**

- Tackling stress
- Understanding your 'triggers'
- Work related stress
- Work-life balance
- Coping mechanisms to manage stress

At the end of the course you will have the opportunity to complete a personalised action plan.

All of our courses can be tailored to meet you organisations objectives

***Bespoke Training for Business***