



# Stress Management

## Programme Aim

- This programme is designed to help and support employees address problems created by work environment and to help employers reduce their stress related costs.

## Programme Overview

- To define the concept of stress and recognise the personal and organisational costs associated with high levels of stress
- Identify the causes of stress and the impact on your work performance and life in general
- Recognise the signs and symptoms of stress in both yourself and other people
- Identify a range of stress reduction techniques and coping strategies
- Utilise methods for coping and managing stress through the development Of your own personal Stress Management Plan

## Programme Outline

### Defining Stress

- Differentiating between positive and negative stress
- Stress and the human body- "Flight or fight" response
- Negative stress and impact on our work performance and lives in general
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### Recognising Effects of Stress

- What causes stress?
- What are the signs and symptoms of stress?

Cont.





### Recognising Effects of Stress cont.

- Recognising our own “workplace stressors”
- The “Well Being Scale” – recognising stress in our lives

### Stress Reduction Techniques and Coping strategies

- “Fire Fighting” skills
- Restorative Skills
- “Feel good” fixes
- Life enhancement skills
- Positive Thinking – reframing – asserting yourself
- Gaining control of your time and life

### Personal Development

- Formulating a personal Stress Management Plan

