

The effective reduction and prevention of stress can enhance productivity and health while providing you with a more balanced lifestyle. You will explore the optimum level of pressure and how personality, attitudes and situations can lead to the feeling of excessive stress.

During this very interactive workshop, you will:

- Gain an understanding of what causes stress
- Understand your individual personality traits that impact on your feeling towards stressful situations
- Recognise the symptoms of stress and create solutions to diminish them
- Learn to detect signs of stress in their early stages
- Apply stress management techniques to the work environment

## Course Outline

- The new definition of stress
- Complete the Stress Personality Indicator Questionnaire
- Understanding and planning 'What can I do next?'
- Emotional, physical and behaviour responses to stress
- Regaining personal control in work related stress situations
- The difference between "I Should" and "I Choose"
- Handling feelings of guilt that can cause or result from stress
- Change and its impact on stress
- Actions to counteract stressful thinking
- Stress management tools and techniques
- The impact of attitude on stress
- Creating an action plan to manage your stress in the workplace

## Duration

1 Day

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