



for more information call  
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**BACK** **Dealing with Stress**

## **Strategies for Dealing with Demands and Expectations**

The demands and expectations placed on individuals within modern organisations are on the increase. The state of almost constant change and focus on optimising resources means that the need to recognise and manage stress in the workplace is an important factor at all levels.

Coupled with this is the higher awareness and obligation of employers to support their staff in being able to cope effectively with stress. Learning how to harness the positive forces of pressure and minimise the negative impact stress can have on yourself or others is the key to this programme.

### **Benefits**

This course will provide an insight to what causes stress and how to cope with stressful situations. Participants will:

- Gain an understanding of the different types of stress; positive and negative
- Understand the causes of stress and learn to recognise the symptoms in self and others
- Develop strategies and plans to minimise personal stress and to minimise stress in others

### **Content**

The course will focus on the physiological and psychological effects and consequences of excessive stress.

Identifying those who are stress prone and those who are stress resilient using a range of tools including Emotional Intelligence.

Discussion and application of the Health & Safety Executive (HSE) Management Standards related to stress.

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