

# Stress Awareness – Staff

Staff are increasingly expected to work under pressure. Changing roles, extra demands, deadlines and a variety of other factors mean that staff must be supported if they are to remain effective in their work. This course will help staff understand, identify and manage the stressors that can ultimately result in absenteeism and poor performance. It introduces simple and practical ways to manage their response and stress effectively. A must for organisations experiencing pressure or change of any kind.

## content

- Identifying stress
- Warning signs; emotional, physiological and behavioural
- Stress cycles; work, home and lifestyle stressors
- How to spot the common triggers in yourself and others
- The emotional and thinking patterns that cause stress
- Handling stress from work overload/underload and people
- Practical skills to reduce the effects of stress
- The 'duck or sponge' distinction, avoiding burnout and building resilience
- Goals, lifestyle and work-life balance
- Maintaining well-being and sources of support

## objectives

- Understand the emotional patterns that cause stress
- Recognise the damaging effects of stress
- Understand how to take remedial action
- Work more objectively when under stress
- Develop a personal stress plan
- Know when to ask for help and sources of support