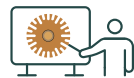


Stress management

Everyone experiences stress from time to time. It can be brought on by any number of factors. It is a natural reaction to many situations in life including work, family, relationships and money. Some stress can be positive because short periods of stress have been proven to make you more alert and increase your performance levels. However, work-related stress is a significant issue, with millions of working days being lost each year as a result of stress, anxiety and depression.

AREAS COVERED



- Defining stress
- The causes of stress at work
- Effects of stress on job performance
- Strategies for managing stress
- Stress reduction
- Stress and the law
- Management of Health and Safety at Work Regulations
- HSE's management standards
- Risk assessment for work-related stress

WHO IS IT AIMED AT?



This Short Course is ideal for any organisation and can be utilised as part of a workplace's health and wellbeing programme. This course can be used as a stand-alone module or included in an induction programme. It may also be useful as part of the on-programme phase of the new apprenticeship standards, helping apprentices integrate into the workforce effectively and efficiently.

KEY DETAILS AT A GLANCE

DURATION

20 - 40 minutes

ASSESSMENT

Multiple-choice questions

CERTIFICATED

Yes - Highfield Completion Certificate

SUPPORT

02030 393005

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TRANSLATION

Details available on request

LOCALISATION

EU legislation within a UK context, but suitable for international businesses that trade with the EU and will be subject to the legislation.