



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.

The course



Highfield's Stress Management Short Course is designed to help you understand work-related stress. The course will help you to understand what stress is, the common stressors and causes and the various strategies to manage work-related stress.

The course covers the importance of personal resilience and how this can help you to cope with stress, and finally will help you learn the steps to carry out a risk assessment for work-related stress.

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 to 40 minutes
Audience:	Any employee, manager or apprentice
Prerequisites:	No prior knowledge needed
Assessment:	Multiple-choice questions
Certificated:	Yes - Highfield Completion Certificate
Demo:	Yes
LMS:	Yes
Compatibility:	<p>Laptop/Desktop PC Internet Explorer 11, Microsoft Edge, Google Chrome, Mozilla Firefox</p> <p>Apple iMacs/Macbooks Safari, Google Chrome, Mozilla Firefox</p> <p>iPads Safari, Google Chrome for tablets</p> <p>Android/Windows - based tablets Google Chrome for Tablets, Mozilla Firefox, Microsoft Edge, Internet Explorer 11</p> <p><i>NOTE: Enabling JavaScript and a stable broadband connection are required.</i></p>
Support:	<p>Tel: 0845 226 0350</p> <p>Email: support@highfield.co.uk</p>
Translation:	Details available on request
Localisation:	UK and EU legislation, but suitable for international businesses that trade with the UK and EU and may be subject to the legislation.

Try it for free!

Just go to: www.highfieldelearning.com for the demo