

Reduce costs associated with absences from work

Create a healthy workplace for colleagues



Stress and other mental health problems are the second biggest cause of work time lost due to sickness absence, costing the UK an estimated £26bn a year (statistics from HSE).

The law requires employers to actively manage the workplace and prevent ill health before it happens. Over and above the legal duties it is wise to put preventative measures in place and protect individuals from harm caused by work related stress.

Stress Management

This workshop contributes to creating a healthy workplace through educating colleagues about the effects of stress, how to spot the warning signs and prevent short or long term absences from work.

Learning Outcomes:

- Understand what stress is and what causes it
- Identify the stress warning signs and how to avoid burnout
- How to complete and analyse a stress diary
- Recognising your job priorities and managing your time
- Demonstrate how to plan for a performance and think on your feet calmly!
- Identifying stress emotions of self and others
- Understand how to build defences and recover from burn out

