

## ***Sample Workshop Stress Management at Work***

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These stress management workshops will raise awareness and understanding of stress and its affects on health and productivity. They equip staff to manage stress effectively and to begin the process of a personalised stress management action plan.

The workshops are fun and highly interactive through a variety of experiential exercises, group discussions, personal reflection and action planning sections.

Key benefits for staff:

- Improved management of stress at work
- Reduced risk of stress related sickness
- Increased understanding of stress factors and how to deal with them effectively
- Enhanced personal strategies for coping with stress
- Raised awareness of stress symptoms in self and colleagues
- Increased motivation and enjoyment of their role

Key benefits for employer:

- Enhanced business performance
- Reduced cost of sick leave
- Strengthened culture of support and commitment
- Improved team relationships
- Lowered staff turnover
- Improved staff welfare and benefits programme

### ***1. Introduction***

- Structure, aims and outcome
- Positive and negative stress

### ***2. Stress Awareness***

- National perspective
- Common symptoms
- Stress response
- Personal nature of stress
- Biofeedback

### **3. Stress management – intervention**

- What is stress management?
- Recognising the warning signs
- Quick fixes – press the ‘calm’ button
- Lifestyle
- Support

### **4. Stress management – prevention**

- Self-awareness
- Recognising stress triggers
- Problem solving
- Personal action plans
- Develop strategies for managing stress
- Work life balance
- Motivational incentives
- Health sustaining habits
- Active relaxation
- Time management
- Assertiveness
- Professional support

### **5. Summary**

- Review
- Next steps
- Evaluation

Workshops range in length from 1 hour to 1 day depending upon the needs of your business and staff.

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