



Stress Awareness

Stress is a very common thing that affects everyone all over the world. This course will show you how to take positive steps to prevent stress; it looks at how to stay in control when the pressure is mounting and highlights the tell-tale signs to help you recognise problems before they become serious.

Course Aim:

This course will enable participants to manage stress at work and at home more effectively

At the end of the session participants will be able to:

- Describe what is meant by the term 'stress'
- Explain the UK context of stress
- Recognise the organisational impact of stress
- Understand the legal implications of not managing stress
- Understand what can be done to manage stress in our lives.

