



STRESS AWARENESS

Objective

Our life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price. You can protect yourself by recognizing the signs and symptoms of stress and taking steps to reduce its harmful effects. The objective of this training is to send you back to your workplace inspired by offering many tips, tricks and tools for a better and healthy working life.

By the end of the training, participants will be able to:

- Know the best approach to a stressful situation (Triple A; alter, avoid or accept)
- Know the symptoms and signs of stress
- Know what work and lifestyle elements you can change to reduce, prevent, and cope with stress
- Practice different possibilities, e.g. routines to reduce the stress level
- Learn how you can create a better work-life balance

Summary of content

- STEP 1: What is Stress?
- STEP 2: What are the Signs and Symptoms of Stress?
- STEP 3: What are the Stress Busters?
- STEP 4: First Aid to Stress.
- STEP 5: Coping with major stress
- STEP 6: A plan of action

Structure

The training consist of a one day training and a two hour action learning workshop three weeks later. Before the workshop we ask you to fill in a stress assessment questionnaire. The training will be combined with personal coaching sessions.

Recommended participants

Suitable for all office and knowledge workers who want to manage their stress develop a good work-life balance.