

STRESS AWARENESS AND MANAGEMENT

Aim :-

The way to manage stress is to understand how it works. Guiding delegates to discover definition of stress and within the Government's guide lines will help delegates to deal with stress in the home and at work.

Course content :-

- Clarify the definition of "Stress"
- Identify the physiological effects of stress
- Identify common causes of stress
- Risk assessment
- Explore ways of coping

Who should attend :-

- Anyone looking to deal with the stress in their, or other people's lives

Length of course :-

- 1 day
- 16 candidates

Venue :-

- Your premises

This course can also be certified by the Chartered Institute of Environmental Health. This does however incur an additional charge by them.

N.B. Stress is the second most common type of work-related illness.