



Strategies for Dealing with Stress

This workshop will help you identify the most common causes and symptoms of stress. It will differentiate between what may be a healthy degree of **pressure** and the signs that indicate that the pressure may be turning to **stress**. Participants will share their ideas for managing pressure and achieving a balanced and healthy lifestyle.

Course duration

Typically 1 day

Pre-requisites

None

Who should attend?

Suitable for those who lead a team and anyone who wants to develop a better understanding of how to deal more effectively with the pressures of modern life

Course style

Highly participative using small group discussions, exercises and case studies

Course Content

- identifying the main causes of stress
- completion of the Life Events Questionnaire
- recognising potential behavioural and physical symptoms of stress
- achieving a balanced lifestyle, through a healthy diet, exercise, effective time management, relaxation and positive thinking
- recognising 'stress carriers' and managing them appropriately
- looking at how the skills of assertion can help avert disagreement and conflict
- helping your team and your colleagues deal effectively with pressures at work

Objectives

As a result of attending this workshop, you will be able to:

- identify the most common causes of stress and apply them to your own situation
- recognise potential behavioural and physical symptoms of stress
- develop your motivation to create a strategy to deal positively with the pressures of everyday life
- deal more positively with other people, using the skills of assertion and conflict management
- take action to help your team and colleagues deal more effectively with pressures at work

This workshop can be tailored to meet your organisation's requirements
Please contact business@newbury-college.ac.uk / 01635 845229 to discuss

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