

Fact Sheet

STRESS MANAGEMENT



Overview

Do you know the difference between positive and negative stress? This course explores what stress is, the common causes and workplace stressors, and how it can affect both individuals and organisations. Learners will gain practical insight into recognising the signs of stress and discover a range of strategies and techniques to manage it effectively



Duration:
20 - 40 minutes



Assessment:
Multiple-choice questions



Price:
£5.00



Certificate:
Yes – Highfield Completion Certificate

Areas covered

- Defining stress
- The causes of stress at work
- Workplace stress and the effects of stress on job performance
- Strategies for managing stress
- Stress reduction
- Stress and the law
- Management of Health and Safety at Work Regulations
- Health and Safety Executive's (HSE) management standards
- Risk assessment for work-related stress

Who is it aimed at?

This online training course is suitable for employees at all levels and is a valuable addition to any workplace health and wellbeing programme. It can be completed as a stand-alone module to support personal development or included as part of an induction programme to help new staff build awareness of stress management and resilience from the outset.

