

## Introduction

A one day workshop with a mix of practical work and discussion, to help attendees identify what causes stress in their lives and the vital role they can take in both minimising and managing their stress levels.

A vital part of this one day programme is to raise awareness and understanding that although we may not always be able to change **what** happens to us we can chose to have more control over **how** we deal with events. Thus putting ourselves at *cause* rather than *effect* - giving that vital element of control.

*If you are stressed by anything external, the pain is not due to the thing itself but to your own interpretation of it; and this you have the power to revoke at any time.*

*Marcus Aurelius*

## Who Should Attend

Anyone who would like tools and techniques that will reduce their stress and boost their health and wellbeing.

## Attendees will learn

- How to define stress,
- How to understand the causes of stress
- Recognising the symptoms
- How to reduce personal stress
- How to develop strategies for minimising work related stress

## Content Summary

### Morning

- Introductions and purpose of the day (including individual expectations)
- What is stress what causes stress
- Sources of stress at work – Inc identifying how many apply to you!
- Completing a lifestyle audit, Identifying life areas causing stress

### Afternoon

- Strategies for managing stress – short and long term
- Relevant policies and support structures within the organisation
- Generating good options and produce an action plan
- Summary

## How to book

Call the office on **023 9225 5232**

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