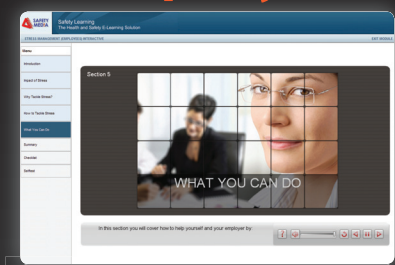


# Stress Management (Employees)

- Interactive Flash
- SCORM



Work-related stress, anxiety and depression are all recognised medical conditions that could affect anyone at anytime. Make your employees aware of the risks work-stress can cause with this training course.

## Course Content:

### Introduction

- What is work-related stress?
- How does work-related stress impact you?

### Impact of Stress

- Mental impact
- Physical impact

### Why tackle stress?

- Ethical responsibility
- Legal obligations
- Good business practices

### How to tackle stress

- How to identify stress areas
- How should an ideal work environment be?

### What can you do?

- How to identify hazards
- Examining personal behaviours
- Reporting areas of concern

### Who is it for?

- Useful for every member within a company to increase awareness and to reduce the ill effects of stress.
- New starters

### Duration:

- 30 minutes

### Available in:

- Interactive – Flash
- SCORM

