

Duration: 2 hours 30 mins

Course level: Introductory

Delivery method: Online

Introduction

Work-related stress accounts for over a third of all new incidences of ill health.

Manage Own Stress improves users' knowledge of stress and the ways in which to cope with it. It's designed to help make sure stress-related illness doesn't affect the performance of individuals or the productivity of the business.

Employers should treat stress like any other health problem. Managers with good stress management skills are in a better position to perform effectively at work, communicate with employees and help their business succeed.

Who is the course for?

Manage Own Stress is a basic introduction for people who are likely to become line managers. It is also suitable for those who are already in post, but have had little or no formal training and limited work experience.

There are no formal entry requirements and the easy to follow, step-by-step format of this course means participants can work at their own pace, making it ideal for anyone new to the subject.

This course looks at how stress can affect individuals. An alternative course, Minimising Stress, covers stress in the workplace, its effect on an organisation and how you can support your employees.

What will you get from this course?

When you have completed this course, you will be able to:

- understand stress and what causes it
- recognise signs and symptoms associated with stress
- use different strategies for coping with stress.

Course features

Manage Own Stress gives you a theoretical introduction to understanding and dealing with stress.

The course uses a simple case study, and basic exercises such as multiple choice and true or false questions. After each exercise you'll be given feedback on how you've done.

An audio soundtrack delivers most of the content, with simple graphics and on-screen text summarising the key points.

You can print a transcript of each screen's audio component for future reference. The course also includes a glossary of business terms, an alphabetical list of business "thought leaders", and a resources section featuring links to useful online business resources.

Manage Own Stress is available for six months from the date first accessed.

Other courses you might be interested in

Identifying Self Development Needs
Coaching

Course code: 100594BT002

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