

# Manage Your Own Stress

**Course length:** 3 hours\*

**Course Code:** 100594BT002

**If you feel that work-related stress is getting the better of you, this course will help you to understand and deal with the problem.**

## Benefits for the Learner

We all find work stressful at times. But for the well being of you, your team and the business you work for, it's really important that you know how to get on top of stress before it gets on top of you.

This course gives you tools to help you understand the causes of stress and tips to recognise the early-warning signs of stress in yourself. It also gives you guidance on reducing your stress levels by developing and using a Personal Stress Management Plan.

## Benefits for the Business

A stressed manager is likely to have a negative impact on the performance of both those they supervise and the organisation they work for. And as an employer, you have a legal duty to treat stress like any other health hazard.

You can minimise the damage by encouraging your managers to develop more effective skills to understand the causes and deal with the consequences of stress.

## What You Get From This Course

Having completed this course, you will be able to:

- Understand what causes stress
- Identify the main signs and symptoms of stress
- Describe the impact of stress on individuals and organisations

## What Does the Course Cover?

- Understanding stress
- Managing stress

## How Long Does the Course Take?

You can work through this course at your own pace. It should take you around 3 hours to complete.

\*Courses are accessible for six months from the date of purchase.