

## STRESS MANAGEMENT AT WORK

There will always be more demands than there is time to meet them But you have a lot more control than you might think. In fact, realizing that you are in control of your life is the foundation of stress management.

Take some time out to examine your reactions to stress and consider the strategies and attitudes you can to manage your stress on a day to day basis.

By the end of this session, participants you will be able to:

- Define and identify stress
- Define and identify stressors
- Describe stress factors at work for you and the strategies you can adopt to overcome them.
- Use relaxation techniques



### Topics to be explored include:

What is stress?  
The primary causes of workplace stress  
Reactions to stress  
Optimal stress levels for health and productivity  
What stresses you?  
Is stress contagious?  
Optimal stress levels for health and productivity  
Six strategies to minimise your stress  
Plus exercises to practice

### *What's included*

*A highly interactive and fun workshop  
Participant workbooks  
Personalised certificate of completion*

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