

Identifying and Dealing with Stress



Learning outcomes:

- Recognise the impact stress can have on individuals in the workplace.
- Indicate a variety of ways to deal with stress.

What you will need:

- Handout 8 - Stress Activity
- Handout 9 – Stress
- Bucket or bin and coloured paper (optional)

Content and suggested timings:

• What is stress?	5 mins
• Stress bucket exercise	15 mins
• Dealing with stress	15 mins
• How can the workplace help?	10 mins

Total duration: **45 mins**

Introduction and definition

This is a module that can be used within a variety of titles, it fits well within absence management to remind us how to recognise and deal with stress.

Identifying and dealing with stress

What is stress?

Flipchart the following definition:

"The adverse reaction people have to excessive pressures or other types of demand placed on them"

The Health and Safety Executive (HSE)



Trainers need to be aware that a number of delegates may have been stressed in their lives and that for many there is still a stigma around 'stress'. Remind delegates that everyone at times gets stressed, in many cases it can be a positive motivator, it is the shift from 'coping' to 'not coping' that can cause the stress to go from a motivational tool

to a negative condition. When someone is stressed this trigger can be the smallest thing.

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