



Workshop Aims:

- To understand the concept of stress
- Understand where stress comes from
- Identify and examine individual stress behaviour
- Learn to implement methods of relieving stress
- Enable individuals to create coping strategies when stressed
- Examine how diet and exercise can influence stress
- Consider the concept of developing stress 'mentor' roles within the workplace in order that techniques learned in the workshop can be maintained/ adapted/developed and colleagues feel supported at times of stress

Workshop Suitable for:

Anyone within the organisation

Section one - Understanding • Stress, what is it? Delegates create their own definition of stress in order to understand what stress means to them • Look at the dictionary definition of stress, compare and contrast with delegates' definition • Examine the difference between being stressed and being busy • What does stress 'look' like? • How do stressed people behave? • How do you recognise stress in co-workers? • What do you look like when stressed? • How would you be feeling? What would you be thinking? • Where does stress come from?	Section two - Coping • Why do we get stressed? • Where does your stress come from? • Triggers: how to recognise them/what to do about them • What do you do to cope when stressed? • What do you need in order to implement stress-coping mechanisms? • Boundaries and why they're important
Section three - Communicating about stress • Can you ask for help? • Saying no • Assertiveness and stress • Communication skills • Differences in communication when stressed	Section four - Support • Stress mentors • What would be useful in the workplace to help cope with stress?