



# Griffin Training

**Solutions for a Modern Workforce**

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## ***Stress Management***

Stress is a normal and natural phenomenon that promotes learning and action. In abnormal amounts, however, stress can have a negative impact. Workplace stress can increase absenteeism, cause high staff turnover, increase staff tension all of which leads to diminishing productivity. An employee who can overcome strenuous demands successfully will be valuable to their organisation. The solutions and causes for stress can be varied and complex but many of the underlying causes of stress are common and easily eliminated. This course is aimed at helping participants understand and manage the causes and effects of work related stress.

### **Objectives:**

- To understand the nature and influence of stress
- To gain an understanding of the causes of stress
- To gain the skills necessary to manage stress in the workplace

### **Content:**

- Stress as a Natural Phenomena
- When Stress Becomes Unnatural
- Identifying Unnatural Stress
- The Symptoms and Effects of Stress
- Relieving Stress During Normal Work Activities
- Personal Stress Management
- Advanced Stress Management Technique and Strategies