

STRESS MANAGEMENT

Course overview

We all know that excessive stress can be detrimental to our health.

This course will assist participants in identifying the physical signs of stress and give some ideas on how to manage their stress more effectively.

When under stress, many people compound the physical effects of stress by eating poorly, stop or reduce exercising and using substances such as alcohol, caffeine and nicotine as stress relievers. Reacting in this way to stress can also increase work related accidents and injury.

Course outcomes

Knowledge of:

- positive and negative stress
- fight or flight response and adrenaline
- physiological response to stress
- reducing the impact of stress through lifestyle change

Content includes

- Healthy relaxation and meditation techniques
- Calculating your body mass index
- Blood pressure check
- Recommended schedule for regular health checks for age group and gender
- Calculating your safe maximum heart rate and training heart rate
- Improving sleep patterns
- Prescription drugs and effect on performance and health

Target audience

This course is aimed at all levels of staff in an organisation.

Course length: 2 hours

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