

STRESS AWARENESS

Raising Stress Awareness in all Employees

Stress accounts for half the work-days lost annually in the UK, and it is also the number 1 cause for people to visit their GP. We can all relate to those times in life when we have been under-pressure for too long and then developed an illness, which seems to take ages to disappear. Typically we are ill during our vacation, which is no way to relax and re-energise! Stress suppresses the immune system and can lead to death – heart disease, stroke, liver disease, digestive problems, memory loss, depression, irrational behaviour, drug and alcohol abuse, destructive anger etc. Together with increased mortality, stress will reduce your ability to enjoy the life you have remaining.

Understanding how the working environment, resources, pressures and demands, together with an individual's responses to each of these will cause stress is the first step to making positive changes: both organisational and personal. Without self-awareness it can be impossible to trace the source of our problems, whether these problems are health related or connected to working relationships and our ability to perform to an adequate level of quality.

Creating and maintaining stress-awareness within the workforce should allow a quick response when needed, and therefore avoid serious loss – accidents, errors, omissions, absenteeism and reduced efficiency.

This one-day course will help attendees create and raise awareness of the causes and effects of stress, thereby motivating them to take action. It includes:

- Understanding what stress is
- Why we become stressed
- The effects of stress on our health – mental and physical
- The Feeling – Thinking – Emotion – Behaviour connection
- Why body and mind awareness are essential in coping
- Thinking errors that create and accelerate stress
- The importance of good communication skills
- What can be changed at work – organising space and time
- What a stress-reducing lifestyle looks like – fuel, activity and rest
- Simple tips for instant stress-relief
- Introduction to the 2-day Stress Management Workshop

Your facilitator: Steve Garrett, a professional psychotherapist, who has over 25 years experience in training, amassed during time as: a navigator in the Royal Air Force; a lobbyist for the European Regional Airline Industry; and as a safety consultant.

Format: This one-day course is information-packed, designed to cover all the salient points in sufficient detail to create full awareness of stress and how it can be combated. For a more pro-active strategy review the 2-day Stress Management Workshop.

Arrangements: To discuss your needs and requirements, location and facilities, and to negotiate a price contact **Steve Garrett:**

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