



CLINICAL SKILLS & MANAGEMENT



Stress Management

This professional Stress Management training course has been designed to cover the most important subjects of stress and anxiety and look at the ways in which these pressures can be managed in a positive way.

Programme/Course Content

- Stress defined
- Managing expectation
- Fight and Flight
- Breathing
- Identifying triggers
- “Leave it at the door”
- Best work vs. poor work
- The Relaxation Response
- Starting the day right
- Healthy living
- Potential health effects of stress
- Recognising signs in others
- Where to get help
- Summary and evaluation

Aimed at: Each of our courses can be tailored to meet your team’s requirements, whether introductory, intermediate or advanced. We can design the ideal solution to accommodate your team’s ability, knowledge, practical experience and previous training.

Accreditation: Compliant with the National Occupation Standards for Health and Social Care Workers and satisfies the requirements of the Care Quality Commission

Further information: Our Stress Management training course has been designed to promote the well-being of employees and reduce staff sickness and associated costs for organisations, if you require any support regarding stress in the workplace, then please contact one of our consultant experts today.