



FOUNDATION COURSE IN STRESS AWARENESS

CORE KNOWLEDGE



WORKING FOR WELLBEING PROVIDE:

Advanced administration system providing fully auditable training programs and assessments.

All training is provided using the Working For Wellbeing training programs which include course materials.

Post course resources are available via the delegates WFW administration dashboard.

/ COURSE DESCRIPTION

By the end of this stress awareness course the delegates will have knowledge of the components relating to the causes of stress: be able to recognize the symptoms; and have been shown how to increase their resilience to the negative affects of stress. They will also have been taught basic coping techniques.

The purpose of this course

This short awareness course is to provide the basic knowledge required by individuals before they can attend any of the three practitioner, Level 7, courses building to the IQ accredited Master practitioner courses. It in no circumstances implies that it is a complete model for an organisations psychosocial risk management policy

The Aims of the course are to:

- Understand what stress is, how it occurs and the effect it has on individuals, families and the workplace
- Be able to recognize the individual signs of stress in self and others including an understanding of how stress negatively affects both short and long term health
- Be familiar with the key methods to managing stress

Format

The course is presented with an informal style that is highly interactive & will include:

- Questionnaires for self assessment
- Group & individual exercises
- Open discussion

Delegates will receive:

- Comprehensive course notes



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COURSE STRUCTURE RELATED COURSES:

Core Knowledge

Provides the basic knowledge required primarily for entry onto any of the three Working For Wellbeing modules that collectively lead to a Master Practitioner Level 7 Diploma in Psychosocial Risk Management.
2 Day training program

Unit 1

Organisational Psychosocial Risk Management Consultancy (BSI PAS 1010)

3 Day training program providing 13 credits

Unit 2

Psychosocial Risk Management (Enhancing Wellbeing, Performance & productivity)

3 Day training program providing 13 credits

Unit 3

Code of Practice for Psychosocial Risk Management Practitioners

3 Day training program providing 13 credits



Working for Wellbeing

/ TRAINING CONTENT

- An Introduction to stress
- Definitions of Stress and pressure - HSE/ISMA/PAS 1010
- The natural arousal response (Fight or Flight)
- Psychoneurophysiological stress response
- How to recognize the early symptoms of stress
- Acute and Chronic outcomes (stress related disorders & illness)

Models of Stress

- Stress and performance
- Stressors
- Internal cause of pressure – Perception filters, beliefs/personal values/principals/personality
- External sources of pressure – life events and ‘others’

Managing stress

- Psychological strategies and techniques
- Cognitive strategies at home & work e.g.
- Assertiveness
- Thinking styles
- Time management
- Prioritizing
- Goal setting

Behavioural changes

- Work-life balance
- Life style and its relationship to stress
- Physiological strategies to reduce stress
- When & where to seek professional help
- Reporting procedures
- Medical practices
- Complementary therapies – an overview of the options