



C H A N G E M A T T E R S

MANAGING STRESS IN YOUR LIFE AND YOUR WORK

The pace of life and work has never been faster. It can be both rewarding and exciting for many of us but also enormously demanding. The knowledge and technology explosion has created potential for opportunity and change which fifty years ago were beyond our wildest dreams. But we are not always able to adapt and take advantage of these changes so readily. Such constant pressures put stress into our lives and although we may feel that on a day-to-day basis we are coping, there is always the potential that one day we might not.

Stress and its negative consequences is on the increase; it is estimated that over 100 million working days are lost each year due to stress-related illnesses in the U.K. alone. This figure has more than doubled over the last 20 years. Prevention is always better than cure, and with stress-related illnesses this is no exception. If we can identify the early signs of stress in ourselves and take some control over our lives then we should never allow the stress to build up to the point where it becomes detrimental to our health. This programme has been designed to help you live more effectively with stress in your lives and your work.

AIMS:

To enable delegates to:

- understand stress and its impact upon their performance
- recognise the early symptoms of stress in themselves
- understand the key factors at work that can cause stress in themselves
- identify how their personality type influences how well they cope with stress
- identify positive and constructive coping mechanisms for handling stress

PARTICIPANTS

This programme was developed for line managers within the NHS.

CONTENT

This will be a highly participative workshop covering the following topics:

- Stress and performance
- Recognising the symptoms of stress in self and others
- Identify work stressors in your own work environment
- Individual differences in coping with stress
- Developing positive stress management mechanisms for yourself