

STRESS MANAGEMENT

Unit Standard	15096 / 244564
NQF	Level 2-5
Credits	8
Duration	2 Days
Organisational Development Area	All Staff Levels

SYNOPSIS

“There is more to life than increasing its speed.”

Mohandas K. Gandhi

This course provides an introduction and overview into the issues and considerations affecting stress especially as it occurs in the workplace. This affects the individual's ability to display effective or ineffective behaviours when internal or external stressors lead to physical or psychological stress.

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and the resilience to hold up under pressure and meet challenges head on.

COURSE OUTLINE

- Defining stress and how it affects us;
- Identifying causes of stress;
- Stress and time;
- Managing stress;
- Stress and perception;
- Taking care of your body and mind;
- Stress management strategies.

COURSE OUTCOMES

Upon successful completion of this course learners will have the ability to:

- Recognize that stress is a positive, unavoidable part of everybody's life;
- Identify the symptoms of chronic stress overload;
- Identify how lifestyle choices can contribute to stress and how we can work toward making different choices;
- Develop some techniques to help manage stress right now;
- Begin planning long-term protection against the cumulative effects of stress.