

Managing Stress & Maintaining Good Mental Health

Course Code

SSBS159

Duration

1 Day

Format

Classroom | Classroom/Virtual | Virtual

Overview

Employers recognise the importance of their role in supporting the mental wellbeing of their staff. Research tells us that the negative impacts of stress at work are directly linked to absenteeism and staff disengagement. A healthy and supportive workplace goes hand in hand with a productive, happy and committed team. By developing the habits for strong mental health participants can become the role models of a healthy working environment.

This one-day programme aims to provide staff and their managers with the insight and clarity needed to build a workplace culture where self-care is a natural part of every working day.

The training methods employed will centre on developing a highly interactive environment where participants will learn through a combination of short presentations, interactive discussion, exercises and role-plays structured within a 'safe' learning environment. Guidance on sharing personal experience and feedback from the trainer will suggest strengths and development areas.

Objectives

Build self-awareness and stress management skills for maintaining good mental health

Content

- Assessing the highs and lows; The stressors and the challenges
- The Benefits of Self Care at Work
- Identifying the impacts of good self-care on my working life.
- SMART working for enhancing personal effectiveness
- Understanding the Stressed Brain
- What is stress and how does it manifest in my life and my work?
- Avoiding the Pitfalls – Strengthening Resources
- Self-Care for Work and Career
- Stress-prevention; Developing Habits for Strong Mental Health for Life
- Being a self-care role model

Who Should Attend

This course is suitable for anyone who wishes to develop and maintain good habits for strong mental health at work.

It is particularly aimed at supporting people who are experiencing change, high workloads or adapting to remote or hybrid working. However, as stress affects everyone, the skills acquired from this programme are of benefit to all.

Prerequisites

There are no prerequisites for this course.

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- Contributing to a healthy workplace culture