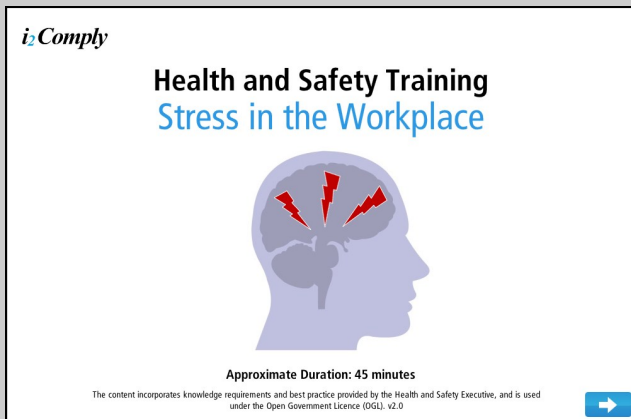


# ENGAGING, RELEVANT, COST EFFECTIVE TRAINING


## Stress in the Workplace Awareness

£15  
ONLY



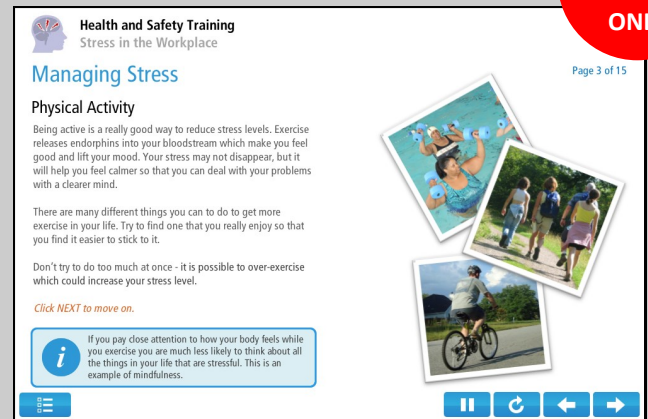
**i2Comply**

### Health and Safety Training Stress in the Workplace



Approximate Duration: 45 minutes

The content incorporates knowledge requirements and best practice provided by the Health and Safety Executive, and is used under the Open Government Licence (OGL) v2.0



**Health and Safety Training**  
Stress in the Workplace

### Managing Stress

Page 3 of 15

#### Physical Activity


Being active is a really good way to reduce stress levels. Exercise releases endorphins into your bloodstream which make you feel good and lift your mood. Your stress may not disappear, but it will help you feel calmer so that you can deal with your problems with a clearer mind.

There are many different things you can do to get more exercise in your life. Try to find one that you really enjoy so that you find it easier to stick to it.

Don't try to do too much at once - it is possible to over-exercise which could increase your stress level.

*Click NEXT to move on.*

**i** If you pay close attention to how your body feels while you exercise you are much less likely to think about all the things in your life that are stressful. This is an example of mindfulness.



Our online Stress in the Workplace awareness training makes you aware of the potential impact of work-related stress, helps you to recognise your own stress triggers and helps you manage any work-related stress you are experiencing.

Stress can affect all of us, therefore this training is suitable for people of all levels and in all areas of work. Employers are required by law under the Health and Safety at Work Act 1974 to take reasonable steps to minimise the risk of stress-related illness or injuries relating to stress.

**The approximate duration of this training is 1 hour.**

## PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress and attainment.

Our training licences **don't expire** and are only assigned to a learner the first time they launch the training. Substantial discounts are applied to bulk purchases and annual licences are also available.

The course has been accredited by the CPD Certification Service and approved by RoSPA.

The assessment is generated from question banks so that the questions change each time a candidate takes the assessment – making the training suitable for initial and refresher training.

There is no limit on the number of attempts at the assessment and informative feedback is given so candidates can learn from their incorrect responses. A certificate with the CPD and RoSPA logo, is available for download on successful completion of the assessment.

**0333 577 5016**  
info@i2comply.com

**i2Comply**

# ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

## Stress in the Workplace Awareness

### WHAT IS STRESS

- What is meant by the term 'stress'.
- The common causes of stress in the workplace.
- The health problems caused by stress.

### THE INCIDENCE OF STRESS IN THE WORKPLACE

- Facts about work-related stress published by the Health & Safety Executive.
- The common causes of stress in the workplace.
- The common stress-related health problems reported to the Health & Safety Executive.

### SYMPTOMS AND TRIGGERS OF STRESS

- The symptoms of stress.
- Things that can trigger stress.
- Some psychological research into stress.

### MANAGING STRESS

- How some coping strategies do more harm than good.
- How physical activities help you reduce your stress levels.
- Ideas for increasing the amount of social contact in your life.
- The impact of learning, diet, expectations and clutter on stress levels.
- Creating your own stress management plan.

### PROFESSIONAL HELP

- What to do if you feel unable to manage stress on your own.
- About Cognitive Behavioural Therapy (CBT).