

MIND

Practical solutions for stress management

◆ ABOUT THE COURSE

For most of our working day, we are all under stress and pressure of some sort. Sometimes this stress can be a good thing - it helps us feel challenged and gives us the impetus we need to get work done. However, when things pile up and pressures get out of control, it can make us anxious and unable to cope with the challenges the workplace can bring.

Through a variety of exercises, this invaluable session will provide you with a range of skills and methods to help you better manage stress and anxiety.

◆ SESSION AGENDA

- 01 Understanding Stress**
Explore what stress is, how it affects performance and wellbeing, and recognise your own stress levels.
- 02 Recognising the Signs**
Identify the early warning signs of stress and discover practical ways to manage them before they escalate.
- 03 Reframing Stress**
Learn how to shift unhelpful thinking patterns and respond to challenges more constructively.
- 04 Managing Worry**
Develop strategies to focus your energy on what you can control and reduce unnecessary worry.
- 05 Talking About Wellbeing**
Build the confidence to have open, supportive conversations about stress and wellbeing in the workplace.

◆ INTERACTIVE EXERCISES

Move the Dial

Rate your current pressure level and reflect on what would shift it by one notch.

Fact-Story-Action

Separate what you know for certain from the story, then choose a helpful next step.

Hypothetical vs Current Worries

Sort your worries into hypothetical and current, then identify actions for the current ones.

The Speak Up Steps

Practise check, share, solve to start a wellbeing conversation.

◆ LEARNING OUTCOMES

- ◆ Gain a deeper understanding of the sources and triggers of workplace stress.
- ◆ Practise various stress-reduction techniques.
- ◆ Develop positive coping strategies to manage work-related stress.

FACILITATED SESSION

This is a facilitated, discussion-led workshop rather than a lecture. Your coach guides the group through practical exercises, encourages open discussion, and creates an engaging environment where participants can share experiences, challenge their thinking and learn from one another.