



Stress Awareness



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What is Stress Awareness?

Stress is the body's response to perceived threats or pressures. It is a natural reaction that can be triggered by a wide range of factors, both personal and work-related. While some stress can be motivating, chronic stress can lead to serious health problems and reduced productivity.

Understanding and managing stress is crucial for maintaining a healthy workplace environment. Chronic stress can lead to burnout, decreased productivity, and a range of physical and mental health issues, including anxiety and depression.

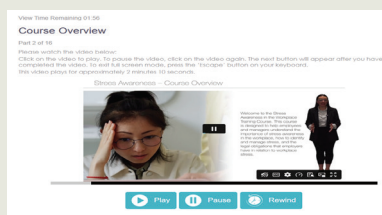
What is the benefit of Stress Awareness training to your business?

Our Stress Awareness course is for anyone who works within the UK. This course will offer your staff quick and effective Stress Awareness training to help them become aware of the importance of Stress Awareness within a workplace.

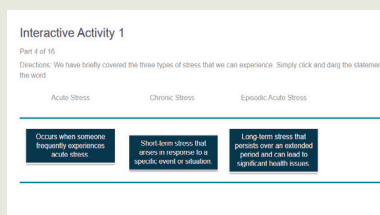
What does the Stress Awareness Training cover?

The Stress Awareness course covers the following:

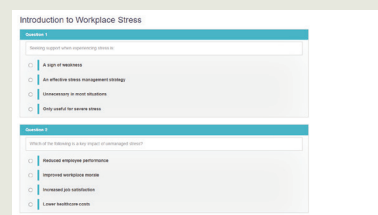
- Relevant Legislation and Employer Responsibilities
- Risk Assessments and Stress Management
- Recognising and Addressing Stress in the Workplace
- Understanding Different Types of Stress
- Stress in Different Workplace Settings



Video Presentations.



Interactive games.



Final exam - certificates provided.

According to the Health and Safety Executive (HSE), stress, depression, or anxiety accounted for 51% of all work-related ill health cases in the last 12 months.

An estimated 822,000 workers suffered from work-related stress, depression, or anxiety in the last 12 months.

The total number of working days lost due to stress-related conditions was 17.9 million in 2021/22, with an average of 21.6 days lost per case.

HSE

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