

Stress Awareness

Stress can be caused by and affect all aspects of our lives and no one is immune. If we allow stress to become a negative influence, it can have a severe impact.

HSE statistics show that nearly 10 million working days were lost in the UK because of work-related stress, at a cost of nearly £5.5 billion to the UK economy.

The Lighthouse Stress Awareness eLearning course highlights the most common causes of stress, emphasising that what one person finds stressful, another may not. It looks at different reactions individuals can have when faced with a stressful situation, exploring the combination of physical, emotional, cognitive and behavioural responses that can be involved. The course also looks at how this combination can lead to specific health problems and challenges.

To ensure the wellbeing of your employees, it is essential to understand and recognise common causes of stress. Work-related stress can develop when an employee is unable to cope with the pressures being placed on them at work. This might be down to an excessive workload, lack of flexibility, a lack of support or feeling uncomfortable in the workplace. The online course explains four models commonly used in analysing work-related stress.

The course also demonstrates practical tips and techniques to help relieve and manage stress, from reducing the buildup of stress on a day to day basis to finding new ways to relax. Stress relief techniques such as deep breathing, imagery and yoga are described. Stress

management tools such as positive thinking, conflict resolution and time management are described. The connection between healthy lifestyle choices and stress management is explored as well. The course provides information about where to find advice and support.



Course Objectives/Details

- Defines what stress is and the effects it has on an individual's mind and body.
- Introduces four models used to analyse and assess work-related stress and discusses how organisations are affected and how they can try to address it.
- Explains important stress relief techniques and stress management tools.



On successful completion of the test users can download and print a certificate



The course lasts approximately **75 minutes**



Users are required to take a final test consisting of 10 default questions. **The default pass mark is 70%**