

# Stress Essentials eLearning

Stress Essentials eLearning course looks at the causes of stress, the effects of stress and ways of controlling and resolving stress, both in the workplace and at home.

Stress Essentials eLearning is a 30 minute course designed to encourage employees to work positively. The course identifies the causes of stress and offers solutions to managing it more effectively.

The course takes a balanced approach to stress and discusses not just the possible work related issues, but also domestic ones that can lead to people finding themselves stressed.

It offers practical advice on measures employees can take to help them cope better with stressful situations and discusses the importance that a good diet and regular exercise has in maintaining a healthy balanced lifestyle.

## Course Objectives

In this training course employees will learn:

- What stress is
- The causes of stress
- How to better manage stress
- What to do if experiencing stress in the workplace

## Benefits to your Organisation

- Immediately communicate your organisation's stress policy to employees
- Clear audit trail - evidence completion and understanding

