

Stress Management

IIRSM & CPD Approved

The Health and Safety Executive states that 'work related stress develops because a person is unable to cope with the demands being placed on them'. This can come from any aspect of their life but it often comes from demands placed on them at work.

So why is stress a problem in the workplace?

Well the latest estimates show the total number of cases of work related stress depression or anxiety account for 39% of all work related illness.

Some occupations may be more susceptible to stress but it can affect anyone and can impact on health, ability to function effectively at work and at home and in relationships.

This course will cover an introduction to stress and why it's a problem, some of the causes of stress and some ways to minimise the risk of stress.

| Course | Module Number | Module Name | Pass % Required |
|-------------------|---------------|---|-----------------|
| Stress Management | 1 | What is Stress and Why is it a Problem | 70 |
| Stress Management | 2 | The Causes and Symptoms of Stress | 70 |
| Stress Management | 3 | The Law on Stress and its Contravention | 70 |
| Stress Management | 4 | Minimising the Risk of Stress | 70 |

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

Duration: 30 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)