



MANAGING STRESS & PERSONAL WELLBEING

Manage stress in the workplace and find strategies to build resilience for your personal wellbeing

COURSE OVERVIEW

Are you experiencing stress in the workplace?
Are you feeling overwhelmed by deadlines and your workload?
Are you finding it hard to cope with difficult colleagues?

DID YOU KNOW?

- 45% of Australians reported being stressed about work. (Source: 2014 Stress & Wellbeing Survey)
- Mental stress in the workplace leads to low staff engagement, decreased productivity, staff retention issues, burnout and an increase in mental stress claims.
- Ongoing feelings of stress can lead to mental health issues such as depression and anxiety.
- Mental stress costs Australian businesses \$10 billion per year. (Source: 2013 Safe Work Australia Report)

LEARNING OUTCOMES

Learn to:

- Manage your concerns and work place challenges
- Identify and understand the signs of stress
- Frame conversations with difficult colleagues
- Present your personal stressors to your leader and ask for support
- Set goals and work towards achieving them
- Benefit from exercise to boost your mental and physical wellbeing
- Improve your mental health through the use of relaxation techniques
- Understand the importance of sleep and self-care management
- Develop a growth mindset
- Develop your own self-care plan