

STRESS LESS

Duration: Half Day (including breaks)

Participants: 15-20 max

Background:

Stress is one of the highest causes of staff absenteeism and long term illness in the UK. Employees had 11.4 million sick days in 2008/09 which were for self-reported stress, depression or anxiety. For any business this makes a staggering impact on productivity and overheads. Less measurable are the side effects of a lacklustre workforce that are de-motivated and disengaged when suffering with these symptoms, but still present at work (presenteeism). The business case for Mental Health puts the unproductive time for an employee suffering from stress, depression or anxiety as high as two hours per day ie. 10 hours per week.

The good news, however, is that PwC reported in their Return on Investment - [Building the Case for Wellness](#) Report (February 2008) that sickness absence was reduced on average between 30% - 40% as a consequence of wellness interventions.

Course Overview:

This stimulating half day programme will educate participants on key stress factors in their life and provide practical help and advice on ways to minimise negative stress. Moreover it will allow them to explore different tools to support their resilience to stress and turn negative stress into a positive force for engagement, motivation and focus.

Course Benefits:

By the end of Stress Less you will be able to:

- Identify and measure your stress levels
- Recognise the triggers that propel you into a stressed state
- Develop your own personal toolkit that steers unhealthy stress into a healthy stress zone of focus, engagement and motivation
- Perform to your utmost ability unhindered by the negative influences of stress
- Practice a range of exercises to reduce stress in your life
- Select the foods and drinks that support a healthy physical and mental state
- Recognise the consequences of long term stress on your health
- Reduce your risk of suffering from a health related illness induced by stress