



# MANAGING PERSONAL PRESSURE

## Purpose

To enable individuals to proactively manage work and life pressures more effectively and reduce the likelihood of those pressures turning into stress.

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## Objectives

At the end of the programme participants will:

- understand how pressure turns to stress
  - be able to identify the causes of stress for themselves
  - be able to identify the signs and symptoms of stress within themselves
  - learn positive coping strategies for managing stress
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## Content

- Purpose, objectives, expectations
- Understanding Pressure and Stress
  - *What exactly do we mean by stress*
  - *Is there such a thing as good stress?*
  - *When does pressure turn to stress?*
  - *What happens if stress continues?*
- The Causes of Stress
  - *The triggers that create stress*
  - *Work triggers*
  - *Home and lifestyle triggers*
  - *The relationship between change and stress*

*Continued overleaf*

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ICAS WELLBEING

# MANAGING PERSONAL PRESSURE

- **Signs and Symptoms of Stress**
    - *Telling the difference between chronic stress and 'having a bad day'*
    - *How to spot the early warning signs of stress*
  - **The Stress Cycle**
    - *How thoughts and beliefs influence the stress response*
    - *Identifying negative thinking*
    - *Challenging unhelpful thinking*
  - **Coping with Pressure**
    - *Behavioural strategies that can help prevent stress*
    - *Self improving and self defeating strategies*
  - **Lifestyle and Stress**
    - *Health, diet, exercise*
    - *Stability zones and routines*
  - **Learning to Unwind**
    - *Personal relaxation techniques for everyday use*
    - *Lifestyle strategies for improving resilience to stress*
  - **Support mechanisms**
    - *Support within the work environment*
    - *Social support*
  - **Personal Action Plans**
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**Duration:**

One day (8 hours)

**Maximum number of delegates:**

12

**Suitable for:**

Employees at all levels who wish to develop their ability to deal more effectively with pressure.

