



# UNDERSTANDING PRESSURE AND STRESS

## Purpose

A seminar for employees on how to deal with pressure proactively.

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## Objectives

At the end of the seminar delegates will be able to:

- Understand the difference between healthy pressure and unhealthy stress
  - Recognise some of the tell-tale signs that indicate you are getting 'stressed'
  - Identify ways of preventing pressure from turning into stress
  - Understand how to use the Employee Assistance Programme as a stress management resource
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## Content

- What do we mean by the term 'stress'?
    - *Exploring some of the myths and misconceptions about stress*
  - When does pressure turn into stress?
    - *The factors that can create stress in people*
    - *Why change can create stress for people*
  - Why do we get stressed?
    - *Understanding the physiology of the stress response*
    - *Why some people seem more 'prone' to stress*
    - *The five 'drivers' for stress*
  - How you can stop yourself from becoming unnecessarily stressed
    - *Understanding how to manage the stress response*
    - *Changing your thinking patterns to reduce stress*
    - *Changing your behaviours to reduce stress*
  - Using your EAP service as a stress management tool
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## Duration:

3 hours approximately

## Suitable for:

Anyone who wants to learn more about how to manage their personal life and work pressures better

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