

Title: Anxiety / stress disorders

Aims: To examine anxiety / stress and how it affects our working lives

Objectives: Learn about different types of anxiety / stress
Learn how to assess stress levels
Develop effective coping strategies
Examine theories of stress

Target Audience:

This course will greatly benefit anyone who works in a highly pressured environment, or has to support someone who does.

Course Content:

- What is anxiety / stress
- Signs and symptoms of stress
- How anxious / stressed are you
- Case study
- Coping strategies
- Down time
- Stress models
- Communication methods
- Help available
- Restructuring your work
- Evaluations and endings

Commentary

This course covers anxiety / stress, and looks at how it affects the individual. There is an opportunity to test your own stress level. It also explores psychological models of stress and highlights a range of stress conditions to examine how they affect the individual. The course also gives candidates the opportunity to learn about a wide range of interventions / techniques that can help reduce the effects of stress.