

Mental Health & Wellbeing in the Workplace Managing Stress

WORKPLACE
TRAINING
& SUPPORT
SERVICE

Target Audience: **Individual (all levels of employees)**

Workshop Duration: **60 minutes**

Recommended Group Size: **Min. 6 – Max. 24**

Workshop Overview:

Workplaces have a vital role to play in providing supportive environments that promote mental health, wellbeing and resilience in its people. This 60 minute program is designed to increase resilience and provide practical tools for individuals to manage stress within the workplace. It provides an understanding of what stress is, how to identify and manage signs and symptoms of stress, and the importance of maintaining a life balance.

Primary Objectives:

- Identify signs and symptoms of stress.
- Conduct an individual self-assessment activity on levels of stress.
- Provide practical tips and tools for managing stress.
- Understand the importance of the application of a life balance to support stress reduction and help maintain high level of mental health and wellbeing.

Learning Outcomes:

- Improve participant capacity to manage stress within the workplace.
- Provide practical tools for managing stress.
- Provide skills to help prevent and reduce stress.
- Support the mental health and wellbeing of individuals dealing with stress.

Key Topics:

- What is stress?
- Identifying and dealing with stress
- Stress and life balance.
- Protective factors to prevent and reduce stress.
- Looking after your mental health and wellbeing.

Resources:

- Program book and notes

For further information please contact: admin@ozhelptasmania.org.au or phone: (03) 6231 0919