

COURSE OVERVIEW

Managing Stress

TIPTM-110



Managing stress and developing effective coping strategies is crucial for maintaining both mental and physical well-being. When left unmanaged, stress can lead to anxiety, burnout, and a range of health issues that affect performance at work and quality of life at home. Effective coping helps individuals stay focused, make better decisions, and maintain healthy relationships, even in the face of pressure.

By recognising stress triggers and using techniques like time management, mindfulness, or seeking support, people can build resilience and navigate challenges with greater confidence and control.

Module 1: Diet

A balanced diet plays a crucial role in managing stress by stabilising blood sugar levels, supporting brain function, and providing essential nutrients that help regulate mood and energy.

- Healthy eating habits
- The pros and cons of dieting
- Sources of protein
- The Value of a nutritional diet

Module 2: Relaxing

Regular exercise and intentional relaxation are vital for managing stress; they help regulate mood, reduce tension, and restore mental clarity by calming the body's stress response and boosting feel-good brain chemicals.

- Exercise tips
- Ways to relax
- Exercises to de-stress
- Managing time

Suitable for:

Anyone experiencing stress or wishing to understand how to identify stress levels in themselves or others.

Skills achieved:

- Personal Resilience (Basic)

Related Resources:

- Career Development Assessment
- Work-related stress Assessment
- Stress Reduction Assessment
- Performance Checklist
- Performance Improvement Plan Checklist

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

35 Minutes

Related Courses:

- Stress Awareness
- Stress Management for Managers
- Emotional Intelligence
- Positive Mindset