

COURSE OVERVIEW

Stress Awareness

TIPTM-105



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Stress affects both work and personal life by reducing focus, productivity, and emotional resilience. In the workplace, it can lead to burnout, strained relationships, and increased absenteeism. At home, stress often disrupts sleep, mood, and family dynamics, making it more challenging to relax and connect with others. Because stress crosses boundaries, understanding its impact and learning how to manage it is essential for overall well-being.

By completing this course, learners will gain a clear understanding of stress, its causes, its impact, and practical strategies for managing it effectively. Delivered in easy-to-consume modules, the course examines the psychological and physical effects of stress and equips learners with tools to develop resilience and maintain their well-being.

Module 1: Understanding Stress

Stress is one of the most significant issues we must contend with in modern life and has been proven to be a substantial cause of illness.

- The impact of stress
- Physical changes that stress causes
- How stress prevents itself as anxiety
- How to detect stress in yourself and others

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:

15 Minutes

Related Courses:

- Developing Self-Awareness
- Emotional Intelligence
- Positive Mindset
- Defining Personal Goals