

Stress Management

The Health and Safety Executive states that 'work related stress develops because a person is unable to cope with the demands being placed on them'. This can come from any aspect of their life but it often comes from demands placed on them at work.

So why is stress a problem in the workplace?

Well the latest estimates show the total number of cases of work related stress depression or anxiety account for 39% of all work related illness.

Some occupations may be more susceptible to stress but it can affect anyone and can impact on health, ability to function effectively at work and at home and in relationships.

This course will cover an introduction to stress and why it's a problem, some of the causes of stress and some ways to minimise the risk of stress.

Course	Module Number	Module Name	Pass % Required
Stress Management	1	What is Stress and Why is it a Problem	70
Stress Management	2	The Causes and Symptoms of Stress	70
Stress Management	3	The Law on Stress and its Contravention	70
Stress Management	4	Minimising the Risk of Stress	70

Recommended System Requirements

- Operating System: Windows 7+ or Mac OSX (10.8+)
- Browser: A modern and up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Additional Software: Flash Player (latest version)
- Download Speed: Broadband (3Mb+)

Duration: 30 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)