

Wellness Tools for Stress Workshop

The Health and Safety Executive defines stress as '...the adverse reaction people have to excessive pressure or other type of demand placed on them'. The Stress Management Society released a press release¹ for Stress Awareness Month 2024 which stated:

- In the UK, 79% of adults experience stress at least once a month, with 74% feeling overwhelmed or unable to cope at some point in the past year.
- Research from Indeed reveals a concerning trend — 52% of all workers are now battling burnout, marking a 9% increase since before the pandemic.
- Only 13% of employees feel comfortable discussing their mental health openly at work.
- Stress can lead to bad habits such as an increase in drinking alcohol, eating unhealthily, or smoking, which further exacerbate the negative effects of stress.

We all sometimes talk about stress, and feeling stressed, usually when we feel we have too much to do and too much on our minds, or other people are making unreasonable demands on us, or we are dealing with situations that we do not have control over. Another way to understand stress is when we perceive that the demands on us exceed the personal and social resources we are able to mobilise....

It's important to emphasise that stress is not an illness, **rather it is a state**

And whilst stress is not a medical diagnosis, severe stress that continues for a long time may lead to a diagnosis of depression or anxiety, or more severe mental health problems.

This reflects the importance of us being able to reduce the effects of stress by increasing our self-awareness and being more conscious of the things that cause it, and learning to handle them better, using relaxation techniques as well as other lifestyle changes.

This is a forward focussed session, looking at and appreciating what is positive rather than at what is not. The focus is on paying attention to yourselves and what **you** can do to improve and maintain your wellbeing. We will focus on how you can nurture and nourish yourself and raise your level of self-care – this is not selfish or indulgent, but taking personal responsibility for maintaining and improving your wellbeing. It is about exploring in more depth your response-ability – ie your ability to respond ... so looking at what else you can choose to do in relation to your own wellbeing.

¹ [Stress Awareness Month 2024: Combatting Stress in an Age of Information Overload - The Stress Management Society](#)

Open Access Dates

This course is available to book individual places on the following dates:

Next course dates to be announced

About

Length: 90 minutes (delivered in-person)

Number of learners: Max 16

Price: £30 per person

Organisation Price (minimum of 8, maximum of 16 learners): £200.00

In person (face-to-face) training includes course materials and resources for you to take away with you.