

wellbeingforwork

STRESS RELIEF

**Minimise your Employees' Stress
Maximise your Company's Productivity**

Duration: 1 day
Participants: 15-20

This programme enables participants to learn, practice and develop expertise in managing optimum mental states and, in particular, to effectively reduce levels of stress at work and home. Stress is a key contributor in poor quality thinking and poor decision making. It is also one of the highest causes of staff absenteeism and long term illness in the UK.

Key outcomes for this programme are to enable your staff to:

- Identify and measure their stress levels
- Recognise triggers and be in control of their stress levels
- Identify what inhibits positive and resourceful mental states
- Recognise the consequences of long term stress on their health
- Identify how to use stress positively in building focus and motivation
- Practice a range of exercises to reduce stress in their life
- Select the food and drinks that promote sustainable energy levels and greatly reduce stress to the body
- Select 3 personal commitments to reduce their stress levels

“good health is good business”

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