

Managing Your Stress

Regain control of your working life, confidently and competently responding to workplace challenges

Module Duration: 25mins

Everything we do is to improve the working life and empower practice staff to help enhance the patient experience.

This module provides tools and techniques for the mitigation of stress, enabling individuals to regain control of their working lives. By the end of the module individuals will be able to effectively recognise the warning signs of stress, re-prioritise their concerns and identify steps to manage their stress. Practical advice is included to encourage a change in perspective ultimately building resilience.

A blended approach is utilised with each module containing relevant theory alongside interactive activities and opportunities for reflection.

An end of module assessment will evaluate your understanding of the content covered and individuals will receive a certificate of successful study, whilst a learning review document will allow individuals to recap the key elements covered at another time.

Managing Your Stress Module Structure

- ▲ **What is Stress?**
 - ▲ Understanding stress and its causes
 - ▲ Warning signs of stress
 - ▲ Physical, mental, behavioural and emotional effects of stress
- ▲ **Changing your Mind-set**
 - ▲ Altering your perception of stress
 - ▲ Regain and retain control of your working life
 - ▲ The 'empty-jar' philosophy
 - ▲ Gaining a perspective
- ▲ **Building Resilience**
 - ▲ 'TARP' Method
- ▲ **Module Review Assessment**
- ▲ **Certificate of Completion (70% pass grade)**
- ▲ **Module Learning Review Document**

Benefits of Managing Your Stress

- ▲ Understand stress and its causes to help build resilience
- ▲ Recognise the warning signs of stress
- ▲ Prioritise your workload to reduce stress
- ▲ Regain and retain control of your working life

For information about our complete suite of professional development topics, or if you have any other questions, please visit the website:

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