



STRESS MANAGEMENT

Duration: 30 minutes

Questions: 20

Price Band: A

Course Outline:

This course details the Management Standards Approach for work related stress management and each of the six standards: Demands, Control, Support, Relationships, Role and Change.

Learning Objectives:

- L01: Define stress and work-related stress
- L02: Explain why stress needs to be tackled
- L03: Identify the signs of stress
- L04: Explain what you can do when you notice signs of stress
- L05: Explain what you can do to deal with mental illness
- L06: Explain the management standards approach to dealing with work related stress
- L07: Explain each of the six standards: demands, control, support, relationships, role, change
- L08: List the steps in the management approach to risk assess work-related stress

