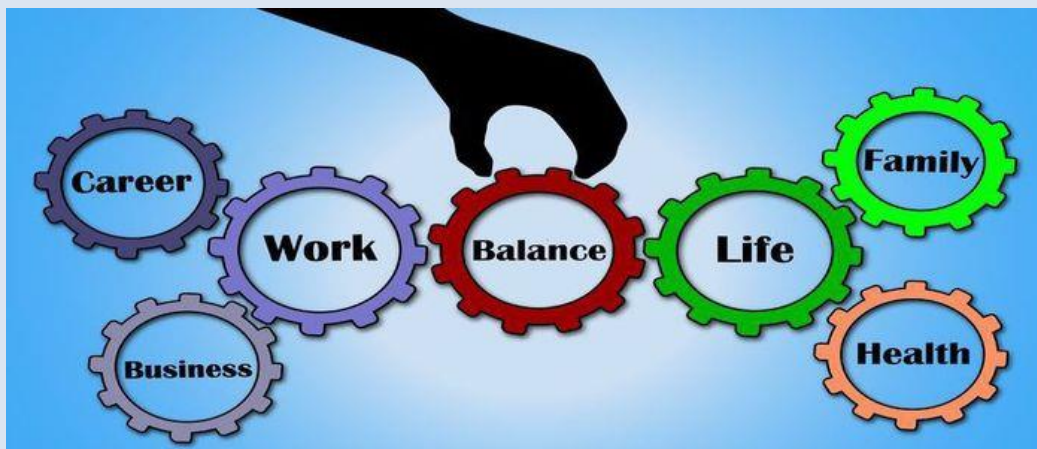


# Managing personal stress



Everyone is under some sort of stress or pressure during their everyday life, be it at work or home. Challenges or opportunities can be stimulating and interesting, and a positive benefit. However, when time is short and demands increase, the same pressures can become problematic, anxiety-making, depressing and could lead to longer term ill health.

Being able to manage personal stress effectively can transform the workplace for many staff. Although this training won't necessarily cause the stress to reduce or go away, it will provide some tools and techniques to develop coping skills and improve personal wellbeing.

The workshop will include:

- Listening to yourself
- Understanding the impact of too much stress
- Recognising our own stressors
- Techniques to combat stress



For more information, please contact Debbie Ovenden, Training Coordinator at Compass Disability Services on:



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