

# Understanding & Managing Stress

While some stress is a normal part of life, excessive stress interferes with your productivity and reduces your physical and emotional health, so it's important to find ways to keep it under control. There is a lot that you can do to manage and reduce stress and frustration.

This course will refresh you on the different types of stress and look at ways in which you can help control stress whilst at work or at home.

## Course Content

- A short video
- Stress and the Types
- Reactions to Stress
- Is it Stress?
- Reducing Stress or Frustration
- Thought Awareness with Rational & Positive Thinking
- Mind Maps
- Being Human at Work
- How to love the job you've got!
- Are you acting on impulse
- Finding your Mojo!
- Learning how to take some time out