

Stress, Anxiety and Feeling Overwhelmed Course Details

The Health and Safety Executive (HSE) found that stress, depression, or anxiety are major causes of days lost due to work-related ill health, with 16.4 million days lost in 2023/24.

We might think that stress, anxiety or feeling overwhelmed are just a part of life that we have to accept, but if we don't take an active role in managing and moderating our stress and worry, they can have a serious impact on our wellbeing.

Not only does experiencing stress, anxiety and overwhelm lead to us feeling awful mentally, but it impacts our body and our health. Staying in a chronic state of stress places pressure on our body's vital systems and can make us more susceptible to disease in the long run. Stress and worry also make it more likely that we'll reach for unhealthy ways of making ourselves feel better, like drinking, smoking or shopping to feel happy.

As an employer

You have an opportunity to equip your workforce to manage the stressors on their lives in the short term and build resilience in the long term. By offering this support, you can have a serious impact on your employees' wellbeing and therefore work capacity and performance.

As an employee

Do you feel like you're running on empty? Are you feeling tired regardless of how much sleep you've had? Is there a constant list of things you need to get done but your motivation seems to have deserted you? Do you long for Friday and dread Monday?

Maybe you feel like you're drowning in your task list. Or you find yourself worrying about the same thing over and over. You don't have to live like this. We can give you practical tools and techniques and insight into changing things for the better. Together we can learn what we can control, what we can change, and what we do to manage the rest.

What does this include

- What is stress - mental and physical elements
- Thinking about internal and external stressors
- The stress bucket
- Your personal stress symptoms
- Window of tolerance and shut down
- Circle of control
- Practical time management techniques
- Sleep hygiene
- Breath work, relaxation and mindfulness techniques



www.springtolife.org
info@springtolife.org
Tel 07856 277028

Learning outcomes

- Identify stressors in their life and the impacts these stressors have on them. Use the circle of control model to identify what they have the ability to change.
- Be confident to use relaxation techniques, practical techniques, and breath work to manage their stress and anxiety
- Be aware of the impact of sleep on their ability to manage our emotions and know how to improve their sleep.
- Analyse which strategies are most likely to be effective for them and design a plan for how they will implement them in day-to-day life, coming away with at least one immediate action point