

ULLIANCE HUMAN EFFECTIVENESS TRAINING

Stress Here, Stress There, Stress Everywhere!

Stress has a hefty price tag for employers. Billions of dollars are spent annually dealing with employee absenteeism, turnover, low morale and losses in productivity. While stress is a normal part of our lives, excessive stress can have a devastating effect at both work and home. Give your employees the tools they need to manage stress in a healthy way, reducing workplace issues and improving their overall quality of life.

Stress

- Definition
- Physical and emotional effects

Sources of Stress

- In the workplace
- Family
- Finances
- Self-assessment: identifying your personal sources of stress

Productive Ways to Handle Stress

- Tools and strategies for the workplace
- Tools and strategies for home

Stress Reduction

- Breathing exercises
- Meditation and relaxation
- Plus many more suggestions and ideas

