

embrace-learning

Stress is a fact of life, but it shouldn't be a way of life...

Left unmanaged stress has the capacity to weaken the immune system and escalate serious health conditions such as stroke, heart disease and stomach ulcers. This course offers insightful techniques which are designed to limit the negative effects of stress, reduce anxiety and build greater resilience into daily life.

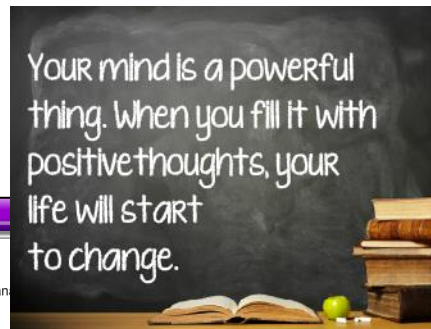
An excellent resource for those with an interest in improving personal resilience and/or developing a healthier, happier and more productive workforce.

The online materials include quizzes, activities and handouts to help reinforce learning as students work through each topic. In addition, learners will be asked to take an online assessment to check their knowledge on completion of the course.

Learning Objectives:

At the end of the course, students will be able to:

- Define resilience and what it means to the individual
- Explain how resilience can be developed
- List key barriers to developing their own resilience
- Identify common work stressors
- List typical triggers for stress
- Apply resilience building thoughts and behaviours to daily life
- Recognise stress triggers and identify possible symptoms
- Apply your own strategies for dealing with work related and non-work related stress



Managing Stress

Stress-busting Techniques – Challenge Yourself

Click on the segments of the circle below to read Professor Cooper's findings about managing challenging yourself, then click the next button to continue.

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, helps to build confidence.

Challenge Yourself

Having goals and challenges to work towards will help you deal with stress more effectively.

By continuing to learn, you become more emotionally resilient as a person. It arms you with knowledge and makes you want to do things rather than be passive, such as watching TV all the time.

By constantly challenging yourself you're being proactive and taking charge of your life.



"It's like putting your head in the sand," says Professor Cooper. "It might provide temporary relief but it won't make the problems disappear. You need to tackle the cause of your stress."

Resilience & Managing Stress