



# Stress Management and Resilience Training

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Over **11 million** working days are lost per year due to **work-related stress** in the UK.<sup>1</sup>

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Stress is a significant contributor to poor mental health, with the risk of leading to “anxiety, and depression, and physically in the form of heart disease, back pain, and alcohol and drug dependency” according to ACAS<sup>2</sup> and UK employers have a legal duty of care to protect their employees from this.

Stress can leave employees lacking motivation and feeling overwhelmed with their workload, leading to decreased productivity and an increase in absence.

It’s therefore vital that employers provide their people with tools to manage work-related stress and build resilience.

## Building employee resilience

It’s not always possible to avoid stress in the working environment, but we provide solutions to support your employees in managing the stress they face and building resilience.

Our training helps individuals understand and become aware of their response to stress and pressure. A key approach in dealing with stress is also working on resilience: building a defence against stressful situations and identifying coping strategies with a proactive approach.

1. CIPD - <https://www.cipd.co.uk/knowledge/culture/well-being/stress-factsheet#gref>  
2. Acas - <https://www.acas.org.uk/>

## Course aim

- ☆ To assess the risk and potential causes of stress within a business.
- ☆ To conduct individual and departmental risk assessments and specific stress-related surveys or focus groups.
- ☆ To evaluate how a business responds in relation to areas of increased risk.
- ☆ To consult with staff and representatives to identify stress 'hot spots'.
- ☆ To create improvement targets and action plans.

## Course options

### *Resilience for employees - half day*

Employees will be able to:

- Identify the relationship between work pressure, performance and resilience.
  - Consider how to respond positively to the pressures and demands of work.
  - Acquire skills and techniques to encourage positive response behaviour.
  - Agree on actions to take forward: building and maintaining personal resilience beyond the training session.
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### *Resilience for managers - full day*

In addition to the training points above, employees will be able to:

- Assess their impact on the wellbeing of staff.
- Understand the contextual differences between the roles of leadership and management.
- Identify ways to improve wellbeing and support staff.
- Look at ways to improve performance and build resilience within their teams.

*Give your employees the knowledge and understanding to identify stress and support each other in the workplace.*

**Contact our enquiries team today on:  
0121 629 1165 or visit:  
[www.bhsf.co.uk/mental-health-training](http://www.bhsf.co.uk/mental-health-training)**

**If you are an existing customer, please contact your account manager.**

Lines open Monday to Friday 8.45am to 4.45pm (excluding Bank Holidays).



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