



# Stress Management and Developing Resilience

## *Training course*

**Life can be challenging and stressful, and it's normal to experience ups and downs in our daily lives.**

Everyday pressures may at times outweigh the ability to cope. It's important to understand individual tolerance levels for pressure and when personal thresholds are reached to avoid long term effects on mental and physical health and wellbeing, including an increased risk of anxiety, depression, heart disease, high blood pressure, diabetes, skin conditions and digestive problems\*.

During this training programme, participants will learn how to identify the root causes of their stress and develop techniques to manage their responses to stressful situations. They will also learn how to develop resilience, which is the ability to bounce back from difficult situations and build a strong foundation for positive mental and emotional wellbeing.

[View our training course](#)

**Aim: To gain an understanding of the signs, symptoms and impact of stress, and factors that influence resilience. This training programme is designed to provide you with practical tools and techniques to manage stress and develop resilience in your personal and professional life.**

## Delivery options

This training can be delivered **virtually or face to face**, as a **full day** or **half day** session.

## Outcomes for the recommended interactive session:

5-25 learners

Following attendance at this training you will be able to:

- ✓ Understand what is meant by stress and pressure
- ✓ Identify the prevalence of stress
- ✓ Understand causes of stress and identify influential factors
- ✓ Understand internal conflicts
- ✓ Understand the signs, symptoms and impact of stress on the body and mind
- ✓ Understand the stress response
- ✓ Identify helpful and unhelpful coping strategies
- ✓ Identify the impact of workplace stress
- ✓ Understand the signs of burnout
- ✓ Identify factors that impact resilience
- ✓ Understand how to develop resilience
- ✓ Engage in a reflective practice space (*full day sessions only*)
- ✓ Identify and make use of tools to support the development of resilience
- ✓ Understand your employer's obligation to monitor and support staff (*full day sessions only*)
- ✓ Understand the stress risk assessment (*full day sessions only*)

## Delegates will gain:

- Improved stress management skills via a range of evidence-based practices for managing stress effectively, helping them better cope with the demands of daily life and improve their overall sense of wellbeing
- Enhanced resilience: attendees can develop their ability to bounce back from difficult situations and setbacks. Especially valuable during times of change or uncertainty, allowing them to remain flexible and adaptable.
- Increased self-awareness: participants will be encouraged to develop a deeper understanding of their triggers, responses, and coping mechanisms
- Better communication skills
- Positive impact on physical health: by learning effective stress management skills and building resilience, individuals may be able to reduce their risk of health problems, and improve their overall physical wellbeing.

### A certificate of completion is provided

to all delegates enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4 for half-day session, 8 for a full day.

**Up to 8 CPD hours per delegate**



Contact our enquiry team on **0121 629 1165**  
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