

# STRESS MANAGEMENT



Did you know that recent research conducted by Personnel Today revealed that work related stress costs UK firms £100bn per year and equates to 10% of our GDP? 12.8 million days are lost to stress, and only around 10% of UK firms are thought to have a policy in place to tackle this problem.

Further research conducted by the CIPD also suggests that up to 80% of HR time is spent dealing with existing grievance procedures and work related stress.

Stress in the workplace can contribute to mental ill health or act as a trigger for existing mental health problems.

The origins of stress in the workplace often come from:-

- Long working hours
- Heavy work loads
- Demands of travel
- Organisational structure
- Company culture
- Fears about job security
- Mismatch of appropriate job skills
- Lack of awareness on how to manage stress

## The West 4 approach:

We offer a unique **1 day** stress management workshop, and stress management coaching to help individuals and companies manage stresses inside and outside of the workplace.

By the end of this highly effective programme, individuals will be able to:-

- Recognise the symptoms of stress
- Identify the sources of stress
- Understand the benefits of good nutrition to relieve stress
- Learn relaxation and breathing techniques
- Manage external influences to minimise stress
- Practise eye movement techniques that rapidly diffuse stress
- Recognise behavioural patterns associated with stress
- Gauge personal stress levels
- Build success habits to protect against 'burn out'
- Develop a personal action plan to support well-being

The cost of this programme is £1,300 and is based upon 9 delegates attending.

When, now would be a good time for you to address the well being of your most valuable assets?

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