

# Course Description

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<b>Title</b>	Mental health in the workplace
<b>Subtitle</b>	Stress less
<b>Duration</b>	11:45 mins
<b>Short Description</b>	<b>Being able to handle pressure and manage our stress levels are key skills in today's fast-paced, high-pressure working environments. This short video looks at some of the common triggers for stress and provides some simple yet effective tools for safeguarding our mental health.</b>
<b>Introduction</b>	<p>Stress is now the leading cause of sickness absence in the UK today. It can have a drastic effect on our productivity, confidence and mental well-being - and if left unaddressed can lead to serious mental and physical health problems.</p> <p>Understanding the physical process behind the stress response and identifying our own triggers and reactions can help us to manage stress more effectively and reduce its damaging impact on our lives. Using a combination of real-life stories, expert insight and original drama, this short video briefing looks at the nature of stress and its impact on our health and explains what we can do to combat it and support our general mental well-being.</p>
<b>Learning outcomes</b>	<p>This course will give a better understanding of:</p> <ul style="list-style-type: none"> <li>• Why we get stressed and how it affects us</li> <li>• How to recognise that we may be becoming stressed</li> <li>• Reducing stress by working smart and taking a strategic approach to our work</li> <li>• Effective ways of managing our reactions to stressful situations</li> <li>• The benefits of having an open dialogue around stress and mental health in general</li> <li>• How the six ways to well-being can support our long-term mental health</li> </ul>
<b>Course partners</b>	West Kent Mind
<b>Subject Matter Experts</b>	Gordon Tinline- Business Psychologist Linda Doe . Apana Business Psychology
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