

PROGRAMME OUTLINE for STRESS MANAGEMENT WORKSHOP

HRD Corp Programme Number : 10001213346

DAY 1

9.00am to 10.15am

Introduction to stress

- Conceptualizing stress
- An overview of the prevalence of occupational stress
- Identifying occupational stressors in the organization

10.15am to 10.30am

Break

10.30am to 1.00pm

Recognizing stress

- Barriers to recognition of occupational stress
- Acute versus chronic stress
- Signs and symptoms of stress
- The role of individuals and employers

1.00pm to 2.00pm

Lunch

2.00pm to 3.15pm

- Group Work Assignment
- Presentation of Reports
- Feedback

3.15pm to 3.30pm

Break

3.30pm to 5.00pm

Case study

DAY 2

9.00am to 10.15am

The damaging effects of chronic stress

- The body's response to chronic stress
- The psychological reaction to chronic stress
- The impact of chronic stress on the organization

10.15am to 10.30am

Break

10.30am to 1.00pm

Managing stress

- Primary, secondary and tertiary interventions
- Individual strategies
- Organizational strategies
- Relaxation therapy
- Physical therapy
- Psychological therapies
- Medical therapies
- Policy issues

1.00pm to 2.00pm

Lunch

2.00pm to 3.15pm

Hands-on relaxation exercises using audio and video tools

3.15pm to 3.30pm

Break

3.30pm to 5.00pm

- Summary and Conclusion
- Self rating questionnaires