

Residential Childcare Managers Courses

Stress Management

Aims

To provide an opportunity for participants to identify sources of stress, and how these can best be managed

Learning outcomes

By the end of the course participants will:

- Have developed their understanding of stress and its effects
- Have identified the possible signs and symptoms of stress
- Have developed a clear understanding of what happens physically and psychologically to them when they have become stressed
- Have identified the specific nutrients the body needs and uses for responding to stress
- Have gained a clear understanding of the concept of 'flow' and its importance in responding to stress
- Have a clear understanding of mindfulness
- Have developed a greater understanding of how the way they think about a situation can sometimes have a direct bearing on the amount of stress they experience
- Have gained a clear understanding of the strategies to manage stress
- Have developed a manageable plan for effectively responding to stress

Duration

Two days