

# STRESS MANAGEMENT AWARENESS TRAINING

## Program Overview:

Everyone will experience stress at some point during their lifetime. Not everyone feels stress in the same way.

While too little stress can lead to boredom and depression, too much stress can cause anxiety and poor health.

During this training we will look at the causes of stress, and how it affects people mentally and physically. We will look at effective ways in which stress can be managed. This training deals specifically with student stress as well as workplace stress. Effectively managing stress can lead to a person's improved overall health.

## Training Content:

- What is stress?
- What are stressors? (Positive and Negative)
- What can cause stress?
- Stress is not always bad – in what way?
- Good stress vs bad stress – examples
- School related stress – ways to manage
- Workplace stress – ways to manage
- Knowledge Check (Quiz)

**Course Duration:** This is an on-line e-learning course. All you need is a computer, access to the Internet and you are ready to go! The course allows you the learner to learn at your own pace and convenience.

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### Legal Disclaimer

It is the employer's responsibility to ensure that each of their employees is properly trained. This program provides training of a general nature and may not include the hazards that are unique to your workplace. The intent of this training program is to outline expected industry standards. Employers must always ensure that their workers are properly trained according to the hazards and regulations specific to their workplace and job tasks. **LEVAC HEALTH & SAFETY** has made every attempt to ensure the accuracy and reliability of the training material that has been provided in this training program.

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