



## *Stress Awareness and Building Resilience*

This presentation provides practical information and tools to build resilience as a way to mediate stress in the workplace. Participants will understand more about the physiological changes to the brain when stressed; identify their own stress signature as a way to detect stress signs early on so as to maintain wellbeing. Participants are then guided through the nature and benefits of resilience, and will be given the opportunity to identify strategies for improving or maintaining their personal resilience in context of the usual stresses of work and life.

These sessions combine a blend of interaction, exercises and information to support participants' learning. AccessEAP recommend a maximum of 15 participants per workshop.

### Session Outline

- Appreciate the role of stress
- Identify your stress signature
- Understand resilience
- Tips for building resilience and wellbeing
- Where to access further support

### Where

- Onsite at your organisation

### Duration

- 1.5 hours

### For more information

For enquiries please call the **Relationship Management Team** on **1800 818 728** or email [info@accesseap.com.au](mailto:info@accesseap.com.au)

