



Stress Awareness and Building Resilience Webinar

This presentation provides information about the nature and impact of stress and provides an overview of skills required to build resilience as an effective response to stress in the workplace. Participants will understand more about signs of unhealthy stress and are invited to identify their personal 'stress signature'. The webinar then outlines a few key strategies that can assist participants to build a resilient response to stress in order to improve general wellbeing and functioning. The webinar lasts 1 hour and applies a blend of information and interaction to support participants learning, including a brief relaxation exercise.

Webinar Outline

- Understanding the nature of stress
- Signs of stress
- Awareness of our personal reactions to stress
- Strategies to build resilience
- Where to access further support

Duration

- 30 minutes

For more information

For enquiries please call the Relationship Management Team on **1800 818 728** or email info@accesseap.com.au

