

## Who should attend

*All staff.*



# 08

# STRESS MANAGEMENT

This course will enable participants to consider the management of work-related stress at an individual and organizational level, with particular focus on the importance of stress management in humanitarian contexts. The course will help participants to develop and implement effective strategies to identify stressors and prevent, minimize and manage stress. The course will give opportunity for participants to apply its content in practical scenarios, and will equip them with stress management techniques.

## Training Methodology

The course will have a practical focus, built upon the theoretical knowledge of stress and stressors. Participants will be presented with case studies from various contexts, including humanitarian emergencies. The course employs a number of interactive exercises and techniques, which the participants will learn and put to the test in order to enable them to recognize stress and its effect, and importantly, build their skills and capacity to reduce stress and prevent burnout.

## Course objectives

By the end of the course the participants will:

- Understand stress and recognize its symptoms in themselves and others
- Be able to recognize circumstantial effects of events, situations and behaviors and their impact on stress levels
- Understand the meaning of assertive behavior and learn skills to adopt it
- Understand the costs and benefits of dealing with stress
- Understand how to identify ways to address work-related stress throughout the organization
- Develop awareness, knowledge and strategies to deal with stress effectively
- Learn personal stress management strategies and techniques



# STRESS MANAGEMENT

## Understand

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## Develop

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## Learn to

...be able to recognize circumstantial effects of events, situations and behaviors and their impact on stress levels

## MAIN TOPICS

- Defining stress
- Processing strategies – rational action and thinking
- Mapping causes and effects of stress
- Identifying physical and behavioral symptoms of stress
- Stress responses
- Managing stress

### Course Ref

**RA008**

Number of participants

20

Duration

Two days

Documentation/Certification

Certificate of Training by RASIL-International Humanitarian City and KDC