

# Stress Awareness for Staff



All of our courses are certified by the CPD certification service. They have been scrutinised by an independent assessor, ensuring they meet national standards.

## **This course focuses on:**

- Legislative requirements
- The different types of stress
- Signs and symptoms of stress
- The effect of stress on health
- Potential causes of stress
- Effective control measures to prevent or reduce the risk of stress

## Online housing training

Stress is not an illness – it is a state. However, if stress becomes too excessive and prolonged, mental and physical illness may develop.

Stress is a reaction to pressure, strain or tension in relation to certain circumstances. It occurs when the pressure is greater than the resource. If stress becomes too excessive and prolonged, mental and physical illness may develop. Everyone will suffer with stress at some point in their life, it's how you deal with it that is important.

This course is for all staff no matter what their job role. Stress is a real issue that everyone needs to recognise and know how to deal with, both in their professional and personal lives.

**For further information**  
please visit: [www.onlinehousingtraining.co.uk](http://www.onlinehousingtraining.co.uk)  
email: [info@onlinehousingtraining.co.uk](mailto:info@onlinehousingtraining.co.uk)  
telephone: 01782 757001

**CLICK HERE FOR  
INSTANT ACCESS  
START LEARNING TODAY**

Online | On-time | On budget