Anxiety Awareness

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WILTON BRADLEY

Anxiety Awareness

Training Module

Duration:	1.5 hrs (A.M. or P.M.)	**Delivery Methods:**	Microsoft Teams / Face-to-face

Who Is This Training For?

- Anyone with responsibility for wellbeing at work
- Anyone wishing to know more about how they can minimise the risk of experiencing stress at work
- Anyone wishing to know where they can look for support with managing stress and anxiety
- Anyone with responsibility for line-managing others, and who wants to ensure a proactive approach to all aspects of health

Course Description & Aims

At some point, we will all experience anxiety. HSE figures indicate that in 2023, anxiety, stress and / or depression accounted for 17.1 million days of absence, which gives an average of 15.8 days per worker.

This course is a highly valuable chance to develop knowledge and understanding of the following:

- Accurately understand what anxiety is.
- To know the difference between anxiety and stress
- To develop strategies for self-help, such as relaxation and breathing
- To be better placed to know where to find professional support
- To be better placed to know the signposts to relevant resources for everyone

Benefits Of Attending This Course

- Reduced absenteeism over time
- Less days lost for your organisation
- Sea change – more collaborative and open attitudes to communication
- Better interpersonal relationships in teams
- Can lead to improved structure and understanding of roles and responsibilities
- Better mental and physical health