

Stress Management

Changing the way you work...forever!

Stress Management is exactly as it sounds. It is a way of managing your stress or your employees stress. It involves the individual becoming much more aware of themselves and their lives and people around them. It urges the individual to take an active role in caring for themselves and usually involves some form of lifestyle style change in a particular area of the individual's life.

Stress is one of the principal causes of lost productivity, social breakdown and ill-health. It can be caused by adverse pressures at work or in social situations.

Say goodbye to harmful and excessive stress today.

Occuhealth Ltd. Stress Management Programme covers a wide range of topics:

- What is Stress?
- Understanding the signs and symptoms
- How to- Eliminate Stress from My Life?
- How to tell what is Optimal Stress for Me?
- How to- Manage Stress Better?
- Assessing the Existence of Stress
- How to put together an Individual Stress management Program?
- Stress Management Techniques



Stress is a normal part of life. In small quantities, stress is good -- it can motivate you and help you be more productive. However, too much stress, or a strong response to stress, is harmful. It can set you up for general poor health as well as specific physical or psychological illnesses like infection, heart disease, or depression. Persistent and unrelenting stress often leads to anxiety and unhealthy behaviors. Are you experiencing stress at work? Want to learn more about what causes stress and the impact of stress on people at work.....

Features

Delivery: Consultation with Client

Occuhealth Ltd

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