



Stress Management

At a glance...

Customised Provision

Recognised by: Lantra Awards

Introduction

This course gives the trainee an outline of strategies of self help, in order to reduce the pressure they feel, and prevent it leading to stress.

Overview in brief

This Lantra-accredited Customised Award is exclusively developed and delivered by a Lantra-approved Training Provider, who meets our quality standards. The course is specifically tailored to meet learners' needs. For further details about the course content and delivery locations, please contact the Training Provider using the details provided below.

The minimum age to undertake this course is 16.

Stress in the workplace is acknowledged by HSE as a condition that must be managed.

This course gives the trainee an outline of strategies of self help, in order to reduce the pressure they feel, and prevent it leading to stress. It focuses on time management, as time is often a great driver of pressure.

What will be covered?

After attending the course the trainee will be able to:

- List the management standards the HSE use to manage stress in the workplace.
- Define stress as the unwanted outcome of pressure
- Identify their particular type of pressure that can result in stress.
- Be objective about how they handle pressure currently and identify coping strategies.
- Identify ways of dealing with unhelpful thinking
- Explore what time management means to them
- Identify the differences between urgent and important



- Appraise techniques to implement prioritisation
- Implement assertive diary management
- Recognise how stress and anxiety can lead to mental health issues.



Tips and techniques on controlling unhelpful thinking, focusing on positive attitude development, and coping strategies for pressure.

Good robust time management skills are contextualised into their schedule, particularly important for the small business.

Other areas of interest

[The Rural Manager - Communications](#)

[Woodland Management For Conservation](#)

[Felling Utility Poles](#)

[Control of Invasive Species](#)

[Risk Assessment](#)

[Managing and Developing Interpersonal Skills and Customer Service Focus Within the Work Environment](#)

[The Rural Manager's Whistle Stop Tour of Management Practices](#)

[Leading Guided Walks/Involving the Community in the Environment](#)

[The Rural Manager - Time Management](#)

[The Rural Manager - Motivation and Team Work](#)

[Social Media for Marketing and Communications](#)

[Introduction to Agricultural Based Business Planning](#)

[Developing Management Skills That Drive Teams Forward](#)

[Hand Held and Back Pack Blowers \(to Include Vacuum Blowers\)](#)

[Instructional Techniques for Practical Skills Trainers](#)

[Drystone Walls](#)



[Electric Chainsaw Use and Maintenance in a Manufacturing Environment](#)

[Planning a Diversification or New Enterprise on the Farm](#)

[Land Law for Landowners](#)

[An Introduction to Worm Control and Faecal Egg Counting for Sheep Producers](#)

[A Farmer's Guide to Compiling Business Plans](#)

[Effective Meeting Skills – Minute Taking](#)

[Effective Meeting Skills – Participating and Chairing](#)

[Instructional Techniques for the Practical Skills Trainer - Assessed](#)

[Business Planning and Development - Know How To Form Your Own Written Plan](#)

[Marketing Your Business - Create an Action Plan Offline & Online](#)

[Stress Management](#)

[Embracing Change](#)

[Conservation Grazing](#)

[Understand and Use Making Tax Digital \(MTD\) Software](#)



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