

MINDFULNESS FOR STRESS MANAGEMENT INFO SHEET



Mindfulness has been widely researched and is recognised as a hugely successful tool in stress management. The practical way in which this workshop is delivered makes its implementation both convenient and sustainable to deliver greater stress management outcomes for participants.

WORKSHOP CONTENT

- Workplace stress & burnout - the stats
- Understanding the stress response
- Negative affects of stress
- How we experience stress
- Rational approach to stress management
- Getting to know your stress signature
- Mindfulness: What it is & what it is not
- The role of mindfulness in stress management
- Workplace applications of mindfulness
- Mindfulness practice
- 7 day Stress Buster

BENEFITS ASSOCIATED WITH THIS WORKSHOP

The costs of absenteeism and staff turnover associated with stress and mental health challenges are on the rise. Since 2009 the number of sick days lost to stress, depression and anxiety has increased by more than 25%.

Mindfulness within organisations can support stress reduction because it:

- Equips individuals with self-awareness that helps them to understand resilience and actively participate in its development
- Enables people to recognise the signs of stress and burnout and respond more effectively
- Recognises the power of thoughts and finds ways of skilfully working with them
- Supports a culture where relationships are valued
- Helps create more rational thinking habits less reactive to emotional circumstance



Make
an enquiry