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## **Stress, Anxiety and Workplace Wellbeing**

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**SAFETY SOLUTIONS**  
TRAINING LIMITED

**Safety Solutions Training Limited**

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## Stress, Anxiety and Workplace Wellbeing

**The workplace has a powerful effect on the wellbeing and mental health of employees. Health affects productivity.**

### Purpose

The workshop aims to manage and identify the signs. Employees will learn the techniques to resilience and coping with stress and anxiety in the workplace.

Evidence shows that, when organisations proactively improve their working environments and promote health, all adverse health-related outcomes, including absence and injuries, decrease.

This makes a strong business case for creating a healthy workplace.\* The Government's Health, Work and Wellbeing strategy encourages and supports employers in initiatives to improve the health and wellbeing of working age people.

### Training Delivery

Sarah Jones has worked in support and wellbeing since 1991 and employed by Mind (the Mental Health charity) for 18 years in a variety of roles. Her experience covers all aspects of mental health support and includes facilitating courses such as 'Anxiety Management', 'Stress Control' and 'Living Life to the Full'. She has created and delivered recovery and wellbeing workshops and seminars, provided one to one specialist and tenancy support and promoted mental health awareness and training to the wider community.

With over 10 years' experience of amateur dramatics and the performing arts, Sarah is keen to use her skills to encourage team building and fun, engaging motivational workshops. Sarah can provide individuals with the tools and skills they need to thrive in a team environment, focusing on their strengths and promoting balanced, resilient and supportive environments.

### Benefits of a Healthy Uplifted Workplace

- Develop physical and emotional resilience in individuals to boost their self-esteem, value and overall wellbeing.
- Improved productivity and performance
- Reduced absenteeism and costs associated with ill health
- Fewer injuries, accidents and insurance and compensation claims
- Improved employee morale and staff retention
- Employees more receptive to and better able to cope with change
- Enhanced business reputation and corporate responsibility



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## Stress, Anxiety and Workplace Wellbeing

### Interactive Workshop

The focus of the first half of the workshop is Stress and Anxiety, how it impacts on ourselves and others around us: -

- What is Stress? - how it can lead to anxiety, its effect on the workplace and the stigma and taboo
- Fight, Flight, Freeze - our primal instincts
- Activity - Mr Pop – events and contributors to stress
- Identifying how Stress effects our mind, body, health and our lifestyle. Activity - Mr Pop
- Invitations – [warning signs] identifying stress in ourselves and others
- How we feed stress [hurry sickness]
- Short relaxation/mindfulness de-stressor tips

The objective of the second half of the workshop is to optimise wellbeing and/or develop team strengths and resilience

- The impact of stress in the workplace - activity - group questions/dilemmas
- Equality act, legislation and employee support following the six key areas of managing work related stress
- Creating a positive, supportive workplace to encourage 'Selfcare' and the value of 'flourishing' building staff resilience
- Fun de-stressor exercise
- Mindfulness and relaxation tips - full body scan