

BEATING STRESS FOR A HEALTHY HEART:

Strategies for Managing Stress in the Workplace

INTRODUCTION:

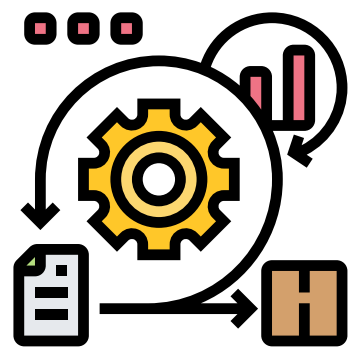
Stress is a normal and inevitable part of life, but when it becomes chronic, it can take a toll on our physical and mental health.

One of the most significant ways stress can affect us is by increasing the risk of heart disease. In this training, we will explore different techniques for managing stress and how they can benefit our heart health.

By the end of this session, participants will have a better understanding of the relationship between stress and heart health, as well as the tools and strategies they can use to reduce stress and improve their overall well-being.

Content Outline:

- Understanding the link between stress and heart health
- Identifying sources of stress in your life
- Developing coping mechanisms for managing stress
- Implementing stress-reducing techniques, including exercise, relaxation techniques, and time management strategies
- Seeking support from colleagues, friends, and loved ones



Methodology:

This training will be interactive, with group discussions and exercises to help participants apply the concepts and techniques covered.

There will also be time for Q&A at the end of the session.

Conclusion:

By the end of this training, participants will have a comprehensive understanding of how stress impacts heart health and how to effectively manage stress in their daily lives.

They will also have a toolkit of strategies they can use to reduce stress and improve their overall well-being.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

