



# Stress Awareness & Management

This online Stress Awareness & Management Training course has been designed for all levels of staff to complete in order to help them identify and prevent stress in the workplace.

This eLearning course takes 30 minutes to complete and is followed up with a 20 question test that provides a printable certificate upon completion.



## COURSE CONTENTS

The course covers the following elements:

- Understanding Stress
- Identifying Stress
- Reducing and Preventing Stress

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