

NEBOSH HSE Certificate in Managing Stress at Work

**TRAINING AND
EVENTS FROM**





Learning objectives

By the end of today we will be able to:

- Understand common terms and the relationships between work-related stress, pressure and mental health/mental illness
- Understand the prevalence and costs of stress and mental ill-health in the workplace
- Recognise the signs and effects of work-related stress
- Understand the responsibilities of employers to workers relating to work-related stress
- Understand the causes of workplace stress
- Understand and apply the HSE's Management Standards approach
- Develop practical options to address and reduce workplace stressors
- Develop practical options to manage the effects of stress and its impact in the workplace
- Develop ways to continually improve the workplace.



Element 1: Key principles

- 1.1 Understand common terms and the relationships between work-related stress, pressure and mental health/mental illness
- 1.2 Understand the prevalence and costs of stress and mental ill-health in the workplace
- 1.3 Recognise the signs and effects of work-related stress
- 1.4 Understand the responsibilities of employers to workers relating to work-related stress



Key Terms



Stress

Pressure



Key Terms



Stress

Time pressure can be a big motivator. How often have you waited until the last minute to complete a task before a deadline? However, if you were suddenly assigned multiple tasks with an impossible deadline this would put too much pressure on you and would not be motivating at all.





Key Terms



Stress

Pressure

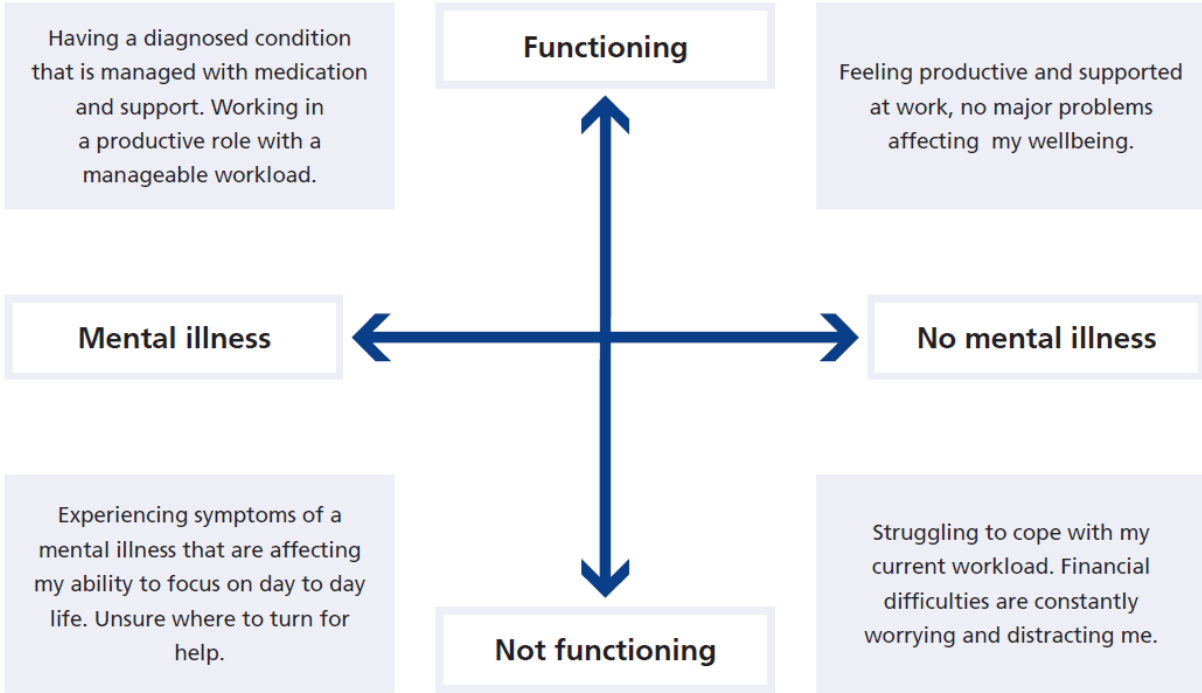
Intervention



Key Terms

Mental health

The mental health continuum





Key Terms

Mental health

Common mental health issues

- anxiety disorders (like general anxiety disorder, social anxiety and obsessive compulsive disorder);
- depression;
- post traumatic stress disorder (PTSD);
- addictions;
- self-harm;
- psychosis.

Remember, as a colleague or line manager it is not your responsibility to diagnose or treat a health condition, but being aware of these common issues can help anyone experiencing problems get the help and advice that they need.