

Dealing with Stress

In the modern workplace it seems that stress is never far away. In the highly pressurised world we work in today there is a challenge to us all to make sure that we do not allow potentially stimulating and rewarding pressures to reach a level where they become harmful and destructive stress. Individuals and organisations that fail to take seriously the challenge of stress in the workplace are risking some very serious and harmful consequences. To help avoid the damage that stress can do and to support efforts to deal with it effectively *Avenue Media Solutions* have teamed up with *Frozen Moon Productions* to produce a three-DVD set of learning materials under the title of *Dealing with Stress*.

Stress issues are often oversimplified, with the subtleties and complexities not properly understood. Because of this, the DVDs offer a clear understanding of what stress is all about. Each of the three presentations draws on the expertise of leading author, Dr Neil Thompson.

- DVD 1 is entitled *Understanding Stress* and provides an introductory overview for everyone concerned with the problem of stress. It explains the difference between pressure and stress and emphasises the need to understand the three dimensions of stress (pressures – coping – support). It also outlines the various costs to be paid for not dealing with stress.
- 1. DVD 2 is entitled *Meeting the Stress Challenge* and focuses on the individual's responsibility for keeping pressures within manageable limits. It also helps learners to understand the causes of stress. As such, it provides a foundation for preventing stress.
- 2. DVD 3 is entitled *Managing Stress* and emphasises the manager's role in keeping stress at bay. This covers legal and professional requirements, identifies some common pitfalls to avoid and highlights positive steps that managers can take. It provides a firm basis for effective management and positive leadership.

Each DVD is approximately 30 minutes in length and the set includes additional learning resources that can be printed out from pdf files on the DVD to offer up to two days' training.