



## STRESS AND CARING FOR OTHERS

### PURPOSE AND NATURE OF PROPOSED TRAINING

It is important for all staff to take steps to preserve their own health and well-being and that of their colleagues. This is particularly important where staff are caring for others.

This seminar examines the issue of stress, and focuses on:

- the importance of stress management
- the importance of stress management when caring for others
- recognising the signs of stress in ourselves and others
- understanding the triggers of stress
- managing stress – the need to take a break
- managing stress – seeking support

The seminar also includes a discussion about:

- the personal importance of stress recognition and management
- the elevated importance of stress recognition and management by the Carer who is caring for a vulnerable person (elderly, person with disability, etc).

### Presentation options

Although this topic can be presented as one seminar, it can also be broken into two separate presentations, namely:

- recognising the triggers and signs of stress, and
- the “dos and don’ts” of dealing with stress

### FURTHER DETAILS

#### Length of Seminar(s)

Each Seminar will consist of:

Interactive Presentation	1.5 hours
Question / Discussion Time	0.5 hours
TOTAL	2.0 hours

### **Group Size**

There is some flexibility with group size but, in order to ensure optimal participation and learning, the ideal number of participants per seminar is between 15 and 20.

### **Cost**

The cost for each seminar presentation is \$150 + GST

### **Certificates**

Following successful completion of a Seminar, each participant will receive a Certificate of Participation.

The contracting agency will also receive a certificate outlining the title of the Seminar(s) and the number of staff who attended.