

UNITED COMMUNICATION SOLUTIONS

STRESS IDENTIFICATION & MANAGEMENT

Stress is an issue that afflicts many of us during the work day. It is a threat that is all around us and something we must face, but if not dealt with appropriately it could lead to further health implications. This course will help you to identify what stress is, the signs and symptoms of stress, and learn what you should do to manage it. We also cover important topics of continuous traumatic stress and vicarious trauma, the phenomenon of being traumatized as a result of empathetic engagement with trauma victims and callers.

Course topics include:

- Understanding what stress is
- Signs and symptoms of stress
- Common causes of stress
- Techniques for managing and reducing stress
- What is Continuous Traumatic Stress and how to avoid it
- What is Vicarious Trauma and how to avoid it

Are you interested in hosting this seminar?

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AND SCHEDULE A SEMINAR**

<http://unitedcommsolutions.com/seminars/hosting-a-course>

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