

ENHANCING WORKPLACE RESILIENCY

BUILDING OUR ABILITY TO **COPE WITH**
AND **MANAGE** COMMON STRESSORS



Why is this course needed?

Numerous stressors are competing for our attention at any given time. In seeking stability and good health, it is important to understand that we can **effectively cope with and manage these stressors** for the benefit of ourselves, our peers, and our organizations.

There are **six modules** in this course, where individuals will learn about:

- Stress and the Mental Health Continuum
- Realistic Thinking
- Behavioural Activation
- Significance of Sleep, Exercise, and Diet
- Relaxation and Stress Management
- Thriving in Times of Stress

Who is this course for?

This course is recommended for **everyone**. No one is impervious to the negative impacts of stress. Anyone in any role can benefit from learning strategies and skills that help you to be more resilient.

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