



RELATIONAL LEADERSHIP: human relations

ANGER AND STRESS MANAGEMENT

ONLINE LEARNING

According to the National Institute for Occupational Safety and Health, "Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury." SGR developed Anger and Stress Management to help employees effectively deal with anger and stress issues related to the work environment.

Takes approximately one hour to complete and qualifies for nationally accredited CEUs.

Objectives:

By the end of this workshop, participants will be able to:

- Describe anger and our response to it
- Recognize effective ways to deal with anger
- Process the dangers of anger
- Recognize various anger myths
- Understand three ways to plan ahead for anger
- Identify personal stress factors and formulate a personal Stress Management Plan

