

Course title	Description	Who can attend	Delivery	Duration	Content and learning outcomes
<p>Stress Awareness</p> <p>Mon 24th October 14.00 - 15.30</p> <p>Thurs 10th November 10.00 - 11.30</p> <p>Tues 13th December 14.00 - 15.15</p>	<p>Stress is a common factor in everyday life. How we deal with stress greatly influences our levels of health and wellbeing.</p>	<p>Open to NHS Grampian, HSCP local authority staff and third sector organisations</p>	<p>Via MS Teams</p>	<p>1.5 hours</p>	<p>What is stress? – definitions, balance and flexibility The Human Performance Curve Causes of individual stress Stress recognition in self and others Personal stress coping indicator wheel Personal stress coping methods Using the 'ABC' model approach Support and resources</p>
<p>Relaxation Workshop</p> <p>Thurs 27th October 10.00 - 11.15</p>	<p>It is estimated that work-related stress is now the biggest cause of lost working days to UK industry (HSE 2012). The learning and regular practice of relaxation methods has been identified as an effective intervention to control and reduce stress</p>	<p>Open to NHS Grampian, HSCP local authority staff and third sector organisations</p>	<p>Via MS Teams</p>	<p>1.25 hours</p>	<p>Relaxation training sessions provide participants with an opportunity to experience a range of relaxation methods and through practice, alleviate stress, whilst increasing levels of wellbeing. The programme is designed so that by session</p>

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<p>Mon 14th November 14.00 - 15.15</p> <p>Thurs 15th December 10.00 - 11.15</p>	<p>levels and is associated with increased feelings of wellbeing</p>				<p>end, participants have increased knowledge and skills in relaxation practice.</p>
<p>Recovery in mental health</p> <p>Mon 7th November 14.00 - 15.30</p> <p>Tues 20th December 10.00 - 11.30</p>	<p>This course is for anyone who wants to learn about how recovery can play its role in mental health illness. The course provides practical examples and activities to improve recovery from a mental illness or any other health condition.</p>	<p>Open to NHS Grampian, HSCP local authority staff and third sector organisations</p>	<p>Via MS Teams</p>	<p>1.5 hours</p>	<p>The concept of recovery and its practice based models.</p> <p>The evidence of effectiveness in mental health.</p> <p>Hear testimony and discuss what it is like to live with mental health problems, experience stigma, and seek recovery.</p> <p>Consider what your own role might be in supporting recovery / challenging stigma.</p> <p>Participants will be able to understand how and why people can recover from the most severe and enduring mental health conditions.</p> <p>The session takes a</p>

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					preventative medicine approach in dealing with the issue.
<p>Promoting resilience</p> <p>Tues 1st November 14.00 - 16.00</p> <p>Mon 12th Dec 10.00 - 12.00</p>	<p>Excessive pressure in or outside of work (or a combination of the two) can lead to stress. Addressing the root causes of stress, as far as is reasonably practicable is important, just as you would do with other health and safety hazards in the workplace. However, there are some stressors in and outside of work that cannot be reduced and adverse events that cannot be planned for or avoided can happen. The extent to which we cope with these situations depends on our level of <i>personal resilience</i>. The good news is we can help build our personal resilience so that we can better cope with pressure, adverse events and change. Individuals, line managers and</p>	<p>Open to NHS Grampian, HSCP local authority staff and third sector organisations</p>	<p>Via MS Teams</p>	<p>2 hours</p>	<p>Understand the links between pressure, stress, performance and health; Measure personal resilience (using a pre-questionnaire on the 8 Dimensions of Resilience); Measure emotional intelligence (using a pre-questionnaire); - Identify actions you can take to build self-resilience.</p>

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	supervisors attending this 2.5 hour workshop will be supported to learn and apply resilience knowledge and skills.				