



Managing Anxiety - E-Learning

Course Aim

With over 12.8 million working days lost each year in the UK due to work-related stress, depression, or anxiety, employers should provide their staff with an understanding of how to identify and cope with anxiety to ensure the positive wellbeing of their staff.

For every £1 an organisation invests in the mental wellbeing of its employees, they can expect to see an average return of £4.20.

Available in over 35 languages

Our courses are machine translated* into a variety of popular International languages, so regardless of location or language preference, we've got you covered. Our machine translated content includes the translation of course transcripts and test questions.

**Content which is not English may be machine translated and is for assistive purposes only. We cannot guarantee the accuracy of translations.*

Who Should Attend?

Any delegates who require knowledge in how to manage anxiety.

This online training course helps delegates to understand how to recognise and approach anxious thoughts.

Course Duration

This is a 25 minute course.

Agenda

The course modules cover:

- Introduction to Anxiety
- Ideas & Techniques

Certification

Delegates will receive a HSS printable certificate in Managing Anxiety upon completion of the course.

This course is approved and accredited by IOSH.