HEALTHY WORKING LIVES FORTH VALLEY

Step on Stress online sessions
from January to March 2022

FREE STEP ON STRESS ONLINE SESSIONS

NHS Forth Valley Health Promotion Service is launching Step on Stress, our new stress management course. It replaces Stress Control.

Step on Stress runs over 3-weeks, is pre-recorded and live-streamed via Teams with a moderated question and answer function.

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SESSION CONTENT

Each session covers a different topic and lasts just over an hour.

Session 1 - Introduction to stress & How stress affects your body
Session 2 - Managing your thoughts
Session 3 - Managing your behaviour

PARTICIPANT RESOURCE PACK

Each course is accompanied by a resource pack that is posted out one week prior to the course starting, for attendees to work through each week.

PROMOTE IN YOUR WORKPLACE

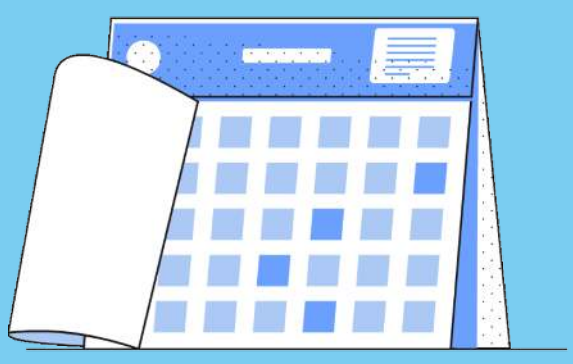
You can request posters to display in your premises where your work colleagues will see them.

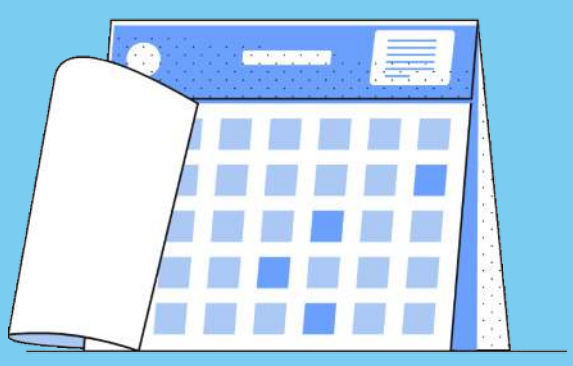
To request promotional posters please email: fv.hpstress@nhs.scot

JANUARY 2022 DATES

13th January
20th January
27th January

10am-11.15 am online using Microsoft Teams





FEBRUARY 2022 DATES

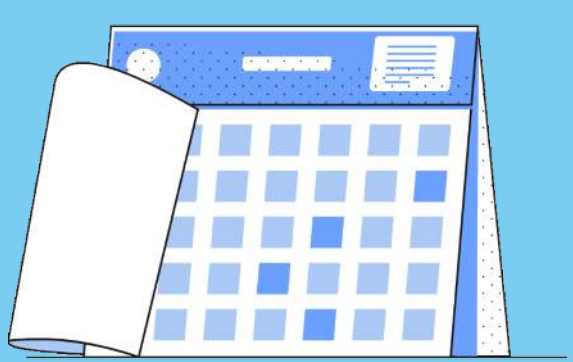
8th February
15th February
22nd February

2.00pm-3.15pm online using Microsoft Teams

MARCH 2022 DATES

7th March
14th March
21st March

6.30pm-7.45pm online using Microsoft Teams



BOOK YOUR PLACE

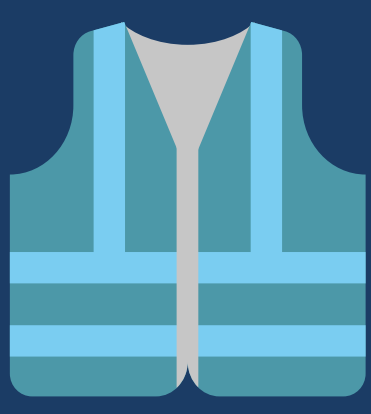
Book your place using the Bookwhen link: https://bookwhen.com/fvstress

or contact the health promotion service at fv.hpstress@nhs.scot

HIRS RESOURCES

Don't forget to look at our Digital Bookshelf as there may be information here that you and your work colleagues may find helpful too.

www.selfhelpguides.ntw.nhs.uk/forthvalley/index.php

YOU WILL ALSO FIND MORE INFORMATION ON PROVIDING A SAFE AND HEALTHY WORKPLACE ON OUR WEB PAGES

WWW.HEALTHYWORKINGLIVES.SCOT