



**Workplace
Training**

Stress and Wellbeing Toolkit

**Help colleagues to have a healthier
relationship with stress.**

Astutis.

Stress and Wellbeing Toolkit

In 2016/17 stress, depression or anxiety accounted for 40% of all work-related ill health cases and 49% of all working days lost due to ill health in the UK. *Source: Labour Force Survey (LFS.)*

Employers have a legal duty to protect employees from stress. The statistics show the prevalence of workplace stress that is not well managed and the negative impact on the health of employees. It results in absence from work, reduced productivity and an unmotivated workforce.

Astutis' flexible online stress and wellbeing toolkit equips companies with a resource for their employees to use to manage their stress effectively.

What is the Stress and Wellbeing Toolkit?

Hosted by Dr Abi Lucas, Clinical Psychologist, it is an engaging online resource to enable anybody to take a positive approach to identifying stress in themselves. The toolkit gives them the confidence to use the tools provided to take control and manage their own stress.

Aim of the Toolkit

The ultimate aim of the stress and wellbeing toolkit is to help colleagues to have a healthier relationship with stress. It will enable people to:

- Have a more meaningful, balanced, and fulfilled life, both in and outside of work
- Learn how to shift from coping, or surviving, to an improved positive mental state of thriving

Key Facts of the Toolkit

- Accessed online for a period of 3 months
- It can be hosted on Astutis' Learning Management System (LMS) or the client LMS
- Available in blocks of licences (20, 50, 100, 200)
- Monthly progress reporting (if hosted on Astutis LMS).

Outcomes

Created for the online learner to access anywhere at any time (and as often as they like), this engaging programme will enable people to:

- Identify stress and recognise when it is impacting them negatively
- Accept that it is okay to not be okay, and that you have control over your response to stress
- Take control and do something about their initial reactions to stress
- Have the confidence to use the toolkit to manage stress
- Revisit and refer to the content for ongoing support

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