



Psychological Wellbeing and Resilience

Our “Psychological Wellbeing and Resilience” training provides solutions to address workplace stress and improve overall wellbeing. In healthcare, managing stress is crucial for a healthy work environment and optimal client care.

This course equips professionals with tools to recognise and manage stress, understand behavioural changes, and maintain care quality amidst challenges. Our experienced trainers will guide learners through proactive measures for promoting psychological wellbeing and participants will receive a resilience toolkit for personal and team support.

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Learning Outcomes

- Define workplace stress
- Describe the impact of stress on the body
- Explain the common causes of stress
- Recognise the signs and symptoms of workplace stress
- Understand behavioural changes resulting from stress and how we can effect positive behavioural change
- Recognise the impact of stress on the quality and continuity of care of individuals, the wider team and service overall
- To promote psychological wellbeing and the different elements that contribute to our mental and physical health
- To identify practical skills which can be used by individuals and organisations to support yourself and colleagues including a toolkit to enhance reliance, reduce anxiety and increase coping mechanisms

Course Content

- **Module 1:** What is Stress?
- **Module 2:** Signs and Symptoms of Stress
- **Module 3:** How Stress affects our behaviour
- **Module 4:** Resilience and stress vulnerability
- **Module 5:** Stress Management
- **Module 6:** Work/life balance
- **Module 7:** Action Plan