

STRESS BETTER

Builds a comprehensive understanding of stress and equips participants with practical tools to manage and respond to stress effectively. This program can be delivered in person and online.

MIEACT's Stress Better program for adults explores common stressors and the impacts of stress, with a special focus on the workplace. The program equips participants to assess their stress levels and identify effective ways to respond to and manage the stressors in their professional and personal lives.

This program will benefit your workplace by:

- introducing and reinforcing practices needed to foster a mentally healthy workplace;
- empowering staff to engage in effective stress management strategies;
- creating opportunities for employees to discuss psychosocial hazards;
- increasing workplace connection, cohesiveness and trust.

By the end of the session participants will:

- understand the physical and mental health impacts of stress;
- understand stress tolerance and the ways we can impact our stress levels;
- understand how to assess their stress levels and identify appropriate ways to respond;
- identify areas of influence and control for individual stress/stressors;
- understand the role self-care plays in managing stress;
- identify where to get help and how to do this.



max 30 ppl



2 hr



Contact us

“Working in aged care and supporting individuals with a variety of needs can create a stressful environment. This program gave us strategies to support and handle difficult situations.”

- Client, Pines Living Ltd

Suitable for staff at all levels of the organisation

Effective as a team building activity, component of a mental health initiative or workplace health and safety activity

Customised to address the specific operations of individual workplaces

Delivered by trained educators and guided by MIEACT's DoNOHarm framework

Contact MIEACT at Bookings@mieact.org.au to request a quote and to book this program.