

Personal Development

Dealing With Stress

Stress is the result of being under a pressure that exceeds your ability to cope. This module looks at sources of stress and the behavioural and health indicators. We will all suffer with stress at some point in our working lives, this module offers advice on dealing with stress and explores ways in which you can reduce your stress levels.

In this Module

Videoscribe explainer video, with professional audio (duration: 03:07)

English Subtitles

4 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Avoid unhealthy habits.
2. Manage your time effectively.
3. Find a work-life balance.

