

15 mins

### **Stress Management**

- 1) Highlight the level of management awareness about work-related stress and the associated risks?
- 2) Suggest the management actions, skills and behaviours known to help prevent stress at work.
- 3) Highlight some personal life related stress.
- 4) Suggest some actions to prevent personal life related stress.

The members should be divided into groups and one representative should explain the points and discuss.