

## **Stress Management for Employees in Industry 4.0**

With the advancement of technology and industrial revolution, new stressors are created. Do you know how to handle the stress?

Do you know the right methodology and skills to handle stress effectively?

### **Introduction**

New stressors are created especially working in the technology advancement era. Stress management is set to become a primary strategic and operational concern for all organisations because of the direct relationship between decency and humanity, good employment practice, and successful business. Stress places a cost burden on organisations in all locations and sectors, and there is also a human price among those who work in stressful situations or suffer from stress-related injuries and illnesses. With effective stress management skills, the organisation would be able to boost productivity in sustainable ways to create a happy and stress-free organisation workplace!

### **Program Objectives**

This program aims to:

- Understand stressors and stress agents
- Handle stressors effectively

### **Learning Outcomes**

After completing this program, participants should be able to:

- Handle stress effectively in the workplace
- Apply stress management techniques in the workplace
- Attack stress behaviour, thought and attitudes
- Relax and communicate needs and feeling

### **Who should attend?**

Non-managerial, First-line management, middle management, senior management and anyone who needs to deal and manage with people in the organisation.

### **Methodology**

Case studies, forum discussion, role-play, presentations, gamification

## Program Outline

<b>Time</b>	<b>Day One</b>
<b>9.00am– 10.30am</b>	<b>Hidden Killer Within Us</b>  In this initial module, the participants would start to understand the fundamentals of stress, identifying stressors and understand the symptoms of stress. Most importantly, the participants would learn the impact of stress to our health.
<b>10.30am-11.00am</b>	<b>Break and Networking</b>
<b>11.00am-1.00pm</b>	<b>Revealing Power Within Us: Stress Management Techniques</b>  In this module, the participants would learn various techniques in stress management such as body inventory, body awareness, stress awareness diary and record of general tension. In addition, practical sessions on how to apply abdominal breathing, alternative breathing, chest or thoracic breathing and meditation.
<b>1.00pm-2.00pm</b>	<b>Lunch Break and Networking</b>
<b>2.00pm-3.30pm</b>	<b>The Power of Brain: Stress Management Techniques</b>  The participants would learn about progressive relaxation and visualisation techniques. A practical session to perform progressive relaxation and autogenic training are conducted in this module.
<b>3.30pm-4.00pm</b>	<b>Break and Networking</b>
<b>4.00pm-5.00pm</b>	<b>Rational Emotional Behavioural Therapy (REBT) as Stress Management Strategy</b>  The psychological techniques are applied during stress management. The participants would learn methods such as REBT, handling irrational beliefs, behavioural therapy, thought stopping and eye movement desensitization.