



TRAINING

Coping With Work-Related Stress on the Frontline

Course Outline

Officers working on the frontline are particularly vulnerable to situations of conflict or grievance with members of the public. It is essential to effective working practices that officers affected by this issue are equipped with the tools and knowledge to remain calm and composed in stressful situations, and also to effectively de-stress at the end of the working day.

In the interests of promoting mental wellness in frontline staff, Keep Britain Tidy has developed this course in partnership with certified Breath Coaches to offer a simple, science-based approach to coping with work-related stress and anxiety.

Course Aim

This course will enable delegates to implement a simple but effective strategy to remaining mindful during and after work, and reducing overall levels of work-related stress.

Learning Outcomes

After attending delegates will be able to:

- recognise key physical components of the stress response
- identify signs and symptoms of elevated stress signalling
- use a range of simple, science-based breathing techniques to switch the state of the autonomic nervous system and reduce stress responses
- implement a personal strategy for managing stress both on a day-to-day basis and following crisis situations.

