

# Astutis Stress and Wellbeing Toolkit

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Learning Method: Online 

## Course Overview

In 2016/17 stress, depression or anxiety accounted for 40% of all work-related ill health cases and 49% of all working days lost due to ill health in the UK. Source: Labour Force Survey (LFS.)

Employers have a legal duty to protect employees from stress. The statistics show the prevalence of workplace stress that is not well managed and the negative impact on the health of employees. It results in absence from work, reduced productivity and an unmotivated workforce.

Astutis' flexible online stress and wellbeing toolkit equips companies with a resource for their employees to use to manage their stress effectively.

Hosted by Dr Abi Lucas, Clinical Psychologist, it is an engaging online resource to enable anybody to take a positive approach to identifying stress in themselves. The toolkit gives them the confidence to use the tools provided to take control and manage their own stress. Increased morale amongst workforce through the commitment shown to improving employee wellbeing.

## Learning Outcomes

Created for the online learner to access anywhere at any time (and as often as they like), this engaging programme will enable people to:

- ▶ Identify stress and recognise when it is impacting them negatively
- ▶ Accept that it is okay to not be okay, and that you have control over your response to stress
- ▶ Take control and do something about their initial reactions to stress
- ▶ Have the confidence to use the toolkit to manage stress
- ▶ Revisit and refer to the content for ongoing support

## Course Key Facts

**Duration:** 60-90 minutes

### Assessment

There is no formal assessment on the toolkit, instead the toolkit will equip you with the right skills to take control and manage your own stress levels.

Employers have access to the LMS reporting system as a way of managing employee use, engagement and reporting purposes.



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## Benefits of Online Learning

- ▶ Learners are gifted with complete control over their studies, choosing where and when to learn as they desire.
- ▶ With online training, organisations can have complete oversight over the staff's progress with insightful reports analysing their workforce's efforts.
- ▶ Incredible cost-effectiveness when compared to alternative learning methods, especially classroom learning.
- ▶ Engaging, proactive activities heighten learner retention.
- ▶ Astutis Learning Checks strategically located throughout the course ensure learners can only move on when ready.
- ▶ Those who work from home can play an active role in the training unlike before.

## Features of an Online Course

- ▶ **Learning checks** – built into the course to check your knowledge
- ▶ **Mind map activities** – helps to summarise the main points visually and acts to aid your memory.
- ▶ **Listing activities** - easy to digest information through key points.
- ▶ **Categorising activities** – making it easier for you to recall ideas or process information.
- ▶ **Activity positioning** – Activities are spread throughout the course helping you to embed your learning before moving on to the next section.

