



# Stress at Work: Working from Home

With the changes to working, and daily, life since 2020, we are facing more challenges than ever before. Work place stressors exist like they always have, but now there are additional pressures on top.

This seminar is designed to educate and raise awareness of what stress is, how it can effect us, and what we can do to protect ourselves.

## Awareness

Identifying stressors and what to be aware of when working from home and out-with the "normal" working environment

## Effect

Understand the effect that these stressors may have on our lives, physically and mentally.

## Identify

Recognising when we are being affected by these pressures, physically and mentally, and when to reach out for support.

## Action

What can we do to cushion ourselves from stressors that are surrounding us.