

Stress Illnesses in the Work Place (SIW)

(Prevention and Control)

Stress is healthy if managed properly. It has been observed in managers and employees who perform optimally and seldom seen complacent in job. However, too much work pressure and stress can kill. It can adversely impact on employee's health and productivity. Stress-related illness can drive up the company's medical expenses and who knows what other losses it can create. This seminar will help the management and the employees recognize if unhealthy stress is already taking place in the company and suggests mitigating and coping measures to control illnesses or prevent them.

Objectives: By the end of the seminar, the participant would have:

1. Recognized the unfavorable effects of unmanaged stress in work place.
2. Identified the common stress-related illnesses and their symptoms.
3. Learn concepts and techniques in the preventing and managing stress related illness.
4. Identified programs in the managing stress and preventing stress-related illness in the company.

Agenda:

- Work-related stress and its implication to the person and the company. (personnel health, productivity, medical cost of the company, conflicts.)
- What are stress-related illnesses?
(Hypertension, heart attack, hyper-acidity or gastritis, substance abuse, depression, etc.)
- How to recognize these illness and symptoms? (Symptoms of their onset)
- Preventive and coping measures
 - Role of the employees
 - Role of the management
- Programs that will help.



Who should attend: Company Nurses; Managers, Supervisors and staff in-charge of Human Resource/Personnel, Production/Operations, Sales & Marketing, Customer Service, Maintenance & Engineering; and other stressful functions

Seminar Fee: P4,950 + P594 VAT

Facilitator: Gerardine L. Sayo, MD

Number of days: ½ -day

Seminar Dates: Jul 27'19, Sept 14'19, Nov 29'19