



# FIRST AID FOR STRESS

## WORKPLACE

30 minute program

## Overview: Quick stress reset for busy staff on the go

First Aid for Stress is a fast, practical 30 minute session that gives staff science backed tools to reset and regulate stress in real time.

From office to job site, staff walk away with easy, hands on strategies that work in under a minute.

### Program Topics

- How the body holds stress – and how to interrupt the cycle in 60 seconds or less
- Why your nervous system needs a “circuit breaker”, not just positive thinking
- How to recognise early warning signs before they spiral
- Experience and practice at least 5 evidence informed regulation tools, all designed to be quick and discreet

### Program Benefits

- Reduces burnout and fatigue, improving overall staff wellbeing
- Provides easy to use tools for emotional regulation in real time
- Supports a calm, resilient work environment and culture
- Aligns with workplace wellbeing and mental health initiatives

### Inclusions

- Confidential pre course interview – this will assist in tailoring content and addressing core issues
- Post course report providing feedback and recommendations
- Certificate of course delivery and attendance record as evidence
- Downloadable Workplace First Aid for Stress Action plan

### Delivery Format

- Face to Face Delivery
- 30 minutes
- Interactive
- Relaxed and engaging training style

### Learn More

[www.fasttrainingaustralia.com.au](http://www.fasttrainingaustralia.com.au)  
07 3067 9070

*Ask how you can get this program free when you book First Aid Training*