

# Beyond Google: Coping with Stress



**Recognising and coping with stress has become a hot topic in the workplace in recent years. A quick Google search can bring up thousands of ideas about how to deal with the stress we experience in work and life – so why do we struggle with this?**

In this webinar, we will look beyond the information we can find on Google to hear a clinical psychologist's take on:

- Exactly what stress is, and how it manifests physically and cognitively.
- Why not all stress is "bad", and how we can use our stress for motivation and drive.
- Considering the role of the system and the environment in our stress
- Learning to cope with stress: looking at harnessing what is in our control and using cognitive and behavioural strategies to manage the stressors in our work and lives.

This webinar is open to all NCL primary and social care staff.

**Time:** 2pm

**Date:** Tuesday 22<sup>nd</sup> October 2024\

[Register for this session](#)