Mindluster Platform

About the course Ways to reduce stress at work for beginners

Course Presenter : RISR Careers

Ways to reduce stress at work, in this course learn practical, effective techniques to manage stress, boost focus, and improve your overall well-being in the workplace. In this course, we will learn about common causes of workplace stress and explore actionable strategies to minimize them. You'll discover how to manage time efficiently, set healthy boundaries, and communicate assertively to avoid burnout. Weâ€™ll also cover mindfulness practices, breathing exercises, desk-friendly stretches, and relaxation techniques that can be applied even during busy workdays. The course emphasizes both mental and physical approaches to stress reduction, helping you maintain energy, clarity, and motivation throughout the day. Whether you're dealing with tight deadlines, team conflicts, or high workloads, this course provides the tools you need to stay calm and productive. Join us and take control of your work stress with confidence and clarity. RISR Careers

Business Category's Courses

Course Lesson(2)

Lesson 1 : **Five Ways to Reduce Stress at Work**

Lesson 2 : **How to stay calm at work**

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