Unitar Online Catalogue

Understanding and Transforming Stress - PTP.2026.23

Peace

□□ :	Course
□□ :	Web-based
□□ :	1 Days
□□□□ :	Peacekeeping
□□ :	https://unitar.org/sustainable-development-goals/peace/our-portfolio/online-lea...
□□ :	US$0.00
□□□□□ email:	elearning.ptp@unitar.org

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Whilst many individuals and organisations all over the world, strive for social impact and contribution, an increasing number of people working towards such causes are suffering from burnout, stress, depression and lack of fulfilment and meaning in the workplace. Ultimately this hurts not only those individuals and organisations but also those very social causes which they are working towards, hence underlying the importance of the role which inner work has to play when it comes to creating effective and impactful change in the world. At UNITAR we are working towards creating a series of online and face to face offerings to enable change agents, humanitarian workers and other helpers to increase their inner

wellbeing so that they contribute to a better and more peaceful world in a more effective and sustainable way.

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This short, self-paced course enables learners to identify various types of stress and recognize the signs within themselves. Using various tests and self-diagnostic tools, learners will be able to raise their awareness about their stress levels. This is the first step towards dealing with stress in their daily and working life. The course also provides a few helpful tools to manage stress on a daily basis.

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By the end of the course, learners will be able to:

- Define basic, cumulative and chronic stress.
- Describe common causes and consequences of stress.
- Show self-awareness of personal stress levels.
- Implement self-care techniques to enhance ongoing emotional regulation.
- Illustrate how to mitigate the negative consequences of stress in personal and professional settings.

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The course is composed of 2 sections:

- Section 1: Understanding stress.
- Section 2: Transforming stress.

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The course is a self-guided, self-paced, web-based course that is on-going and can be accessed at any time. The material is presented in an interactive visual and text format with web-based reference resources. Multiple choice quizzes at the end of each lesson serve a dual function of assessing and evaluating the

students’ understanding and retention and provide a further didactic function by reviewing the content.

At the successful completion of the course participants will be awarded with a badge.

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Given the pervasiveness of stress in our modern lives, the course is relevant for anyone experiencing stress in their daily and working lives. However, the examples and stories in the course have specifically been designed for people working in conflict and post conflict environments and the humanitarian sector.

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Technical Requirements

UNITAR recommends the following as a minimum in hardware and software to take our e-Learning courses. Please consult your Network Administrator or Systems person to ensure that you have the following:

Hardware requirements
- Desktop or laptop computer with Windows 10 or MacOS version 11 and later
- Tablet or mobile devices are not fully supported on some course tools
- Stable LAN or Wifi Internet connection

Browser
- Latest version of Mozilla Firefox (download for free at https://www.mozilla.org)
- Latest version of Google Chrome (download for free at https://www.google.com/chrome)
- Microsoft Edge or Safari (included in your computer)

Other software
- PDF reader (download for free at https://get.adobe.com/uk/reader)
- Microsoft Office for Windows or MacOS (compatible software can be downloaded at http://www.openoffice.org/)
- Video player (Quicktime for MacOS, Windows Media Player or compatible video player)
- Anti-virus

Other requirements
- Disable Pop-up blockers
- Enable cookies and java
- webcam and audio headset for courses that will require online meetings
- additional storage in case you need to download course materials.