



Education & Skills
Funding Agency



HEALTH &
WELLBEING

MANAGING YOUR FESTIVE STRESS

COURSE SUMMARY:

On this 3 hour workshop you will identify some practical ways to manage your wellbeing through the festive season. Why not come along and meet our friendly tutors to explore some wellbeing tips?

ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

On this workshop you will have the opportunity to identify ways to manage your stress during the festive season. The aim of this workshop is for you to:

- ✓ **Identify your** own stress during the festive season
- ✓ **Explore activities** to manage your stress during the festive season
- ✓ **Identify a** next step following on from this workshop

PROGRESSION FROM THIS COURSE:

After completing the workshop why not try one of our follow on 10 hour Health and Wellbeing courses or another workshop? You will have an opportunity to discuss this further with your tutor.



**REALISE
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY