



Education & Skills
Funding Agency



HEALTH &
WELLBEING

STRESS MANAGEMENT

COURSE SUMMARY:

On this course you will gain an understanding of what we mean by stress, the various causes of stress in your life and how this impacts your wellbeing. You will explore and identify skills for managing stress in your daily life.

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 course you will gain a greater understanding of what stress is and how it affects you. You will explore causes of stress in your daily life and identify ways to manage it. By the end of the course you will be able to:

- ✓ **Have a better** understanding of what stress is
- ✓ **Explore how** stress impacts on your personal wellbeing
- ✓ **Gain a greater** understanding of your own personal causes of stress
- ✓ **Learn ways to** manage stress in your daily life
- ✓ **Identify a next** step towards continuing to manage stress following on from this course

PROGRESSION FROM THIS COURSE:

- Confidence workshop
- Confidence & wellbeing course
- Volunteering for wellbeing



**REALISE
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY