

Course Information Sheet

Stress Management Awareness

Introduction

Stress can affect anyone and because of the widespread damage it can cause, it's important to know your own limit.

We can't completely eliminate stress from our lives, but we can control how much it affects us. In this short course we will investigate the impact stress has on our wellbeing, and explore some stress busting techniques.

What are the course entry requirements?

There are no entry requirements you just need to be able to follow verbal and written instructions in English, including numerical information.

How long is the course?

Please see current brochure

What will the course involve?

Learning activities and discussion.

How will I be learning?

Learning activities, work sheets, handouts, power point, video, discussion.

What equipment will I need?

Pen and paper

How will I know if I am making progress?

You will receive informal feedback on your progression throughout the course.

What course work will I be expected to complete?

Worksheets.

What can I expect to learn from this course?

- The signs and symptoms of stress.
- Understanding and dealing with stress.

Will I need to cover anything in addition to the course fee?

No

What other training programmes and progression opportunities are there?

NCFE Mental Health Awareness Level 1

If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning