



## Course details

### Course title

Managing Stress and Anxiety

### Course code

Q00017260

### Course date

Start: 29/11/24

End: 13/12/24

### Number of classes

3 sessions

### Timetable

Fri 29th Nov, 10:00 to 12:00

Fri 6th Dec, 10:00 to 12:00

Fri 13th Dec, 10:00 to 12:00

### Tutor

Harsha Kotecha

### Fee range

Free to £25.20

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

### Venue

Leicestershire Recovery College (Groby)

C/O Bradgare Unit  
Glenfield Hospital Site  
Groby  
LE3 9EJ

## **Level of study**

Beginners

## **Course overview**

Would you like to learn techniques to relax and wind down? When we're stressed or anxious it's hard to feel calm. Anxiety affects over 8 million people in the UK at any time. But you don't have to live with constant stress or anxiety. There are simple techniques you can learn to manage it. This stress management course is ideal if you want to learn habits to reduce stress and anxiety. It can help you lead a healthier and fuller life

## **Course description**

Stress management training helps you learn to identify the causes and triggers of stress. Recognise signs of burnout. Understand the symptoms of anxiety, and create habits to alleviate it. Develop strategies to reduce or prevent stress and anxiety. Regain a feeling of calm, safety, and motivation.

Mental health awareness training on issues such as stress is important for mental and emotional well-being. Stress and anxiety affect huge numbers of people in the UK so it's crucial to have an effective toolkit for dealing with them.

Depending on your needs, there are various study options after this course. If you'd like to continue your personal mental health awareness training, you can sign up for a meditation and mindfulness course.

If you are interested in anxiety and stress management for professional reasons, you could study for an accredited stress awareness course.

If you're not sure which course you'd like to study after, feel free to speak to your supportive WEA tutor, who will be happy to advise you.

To do this stress management course you'll need an internet connection. This is so you can access our digital learning platform, Canvas, and the course materials.

Your learning is our priority. The WEA is an adult education provider and we pride ourselves on our ability to create a friendly classroom atmosphere, in person and online.

Most of our courses are free for most of our learners. Please note that you need to get to the end of the enrolment process to see the discounts.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/29-november-managing-stress-and-anxiety>