

Course details

Course title

Manging stress, fatigue and overwhelm

Course code

Q00017033

Course date

Start: 24/01/25

End: 14/02/25

Fee range

Free to £33.60

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

Kings Quarter
The Forum, NEM House
37-41 Clarence Street
Gloucester
GL1 1EA

Level of study

Beginners

Course overview

Stress affects most people in the country at some point in life. Understanding the harmful effects of stress is essential to maintaining good mental health and well-being. This stress awareness course can help you recognise and deal with stress when it happens. This mental health awareness training helps you understand what you and others may be experiencing. It is also useful if you work in a support role such as mentor, counsellor, or carer. It will teach you important skills for care jobs if you want to work in adult social care.

Course description

Consider the causes of stress in modern lifestyles. Learn to recognise the symptoms and practise techniques to alleviate it. Gain knowledge to provide support to individuals affected by stress. Explore ways to prevent stress in the future.

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.

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