



## Course details

### Course title

Award in Stress Awareness Level 1

### Course code

Q00016025

### Course date

Start: 14/01/25

End: 08/04/25

### Number of classes

5 sessions

### Timetable

Mon 13th Jan, 10:00 to 15:00

Tue 14th Jan, 10:00 to 15:00

Wed 15th Jan, 10:00 to 15:00

Mon 20th Jan, 10:00 to 15:00

Tue 21st Jan, 10:00 to 15:00

### Tutor

Paula Hellal

### Fee range

Free to £75.00

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

## **Venue**

Online

## **Level of study**

1

## **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.

Create workbooks, learner reports, and case studies for your portfolio. You will do a variety of different written and oral tasks. Your dedicated WEA tutor will guide you through your learning and accommodate any special needs you may have.

To study this course you'll need an internet connection. This is so you can access our digital learning platform, Canvas. Your tutor will send you communications, upload materials, and set tasks through this platform.

After this qualification, you can progress to other health and social care courses such as Mental Health Awareness or Counselling. These can help you access jobs such as mental health support worker, youth counsellor, mentor, and support worker.

The WEA is a supportive learning environment. Your tutor will guide you through your learning and help you choose the right next steps for you.

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-work/health-social-care/14-january-award-stress-awareness-level-1>