



Course details

Course title

Managing Stress

Course code

Q00016708

Course date

Start: 16/01/25

End: 20/02/25

Number of classes

6 sessions

Timetable

Thu 7th Nov, 13:00 to 15:00

Thu 14th Nov, 13:00 to 15:00

Thu 21st Nov, 13:00 to 15:00

Thu 28th Nov, 13:00 to 15:00

Thu 5th Dec, 13:00 to 15:00

Thu 12th Dec, 13:00 to 15:00

Tutor

Caroline McDermott

Fee range

Free to £50.40

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

Alpha Omega Women Peace
Security Foundation
Unit 10
Coppicemere Drive
Crewe
CW1 6HY

Level of study

Beginners

Course overview

Do you find it difficult to wind down? When we're stressed it's hard to feel calm and relaxed. But you don't have to live with constant stress. There are simple techniques you can learn to manage it. This stress awareness course is helpful for anyone who wants to learn to alleviate stress. In this course we will learn how to identify stress risk factors, recognise the symptoms of stress, and apply techniques to reduce it. Depending on your needs, there are various study options after this course.

Course description

Mental health awareness training on issues such as stress is important for careers in health and social care.

If you are interested in stress management for professional reasons, you could study for a Level 1 Award in Mental Health Awareness.

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.

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