



## 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 16th Jan, 13:00 to 15:00

Thu 23rd Jan, 13:00 to 15:00

Thu 30th Jan, 13:00 to 15:00

Thu 6th Feb, 13:00 to 15:00

Thu 13th Feb, 13:00 to 15:00

Thu 20th Feb, 13:00 to 15:00

### Tutor

Lisa Richards

### 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.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/16-january-managing-stress>