



## Course details

### Course title

Healthy Lifestyle: Introduction to Stress Awareness

### Course code

Q00017196

### Course date

Start: 24/06/25

End: 15/07/25

### Number of classes

4 sessions

### Timetable

Tue 24th Jun, 13:00 to 17:00

Tue 1st Jul, 13:00 to 17:00

Tue 8th Jul, 13:00 to 17:00

Tue 15th Jul, 13:00 to 17:00

### Tutor

Katie Dexter

### Fee range

Free to £84.00

### 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

NST Hub (North Somerset Training Communi  
31 Alexandra Parade  
Weston-super-Mare  
BS23 1QZ

## **Level of study**

Beginners

## **Course overview**

On this course you will be invited to think about the implications and affects that stress can have on both mental and physical health. Stress can lead to serious health problems if not recognised and dealt with in time. This course will offer you the opportunity to become more aware of what causes stress, the different types of stress and how to recognise the signs and symptoms associated with each type. You will learn about ways to prevent or reduce stress for yourself and others, considering diet, exercise and other simple preventative measures that you can put in place to help keep stress at bay!

## **Course description**

During this friendly course you will increase your awareness and understanding of stress. As the course progresses, you will be invited to think about the implications and affects that stress can have on both mental and physical health. Stress can lead to serious health problems if not recognised and dealt with in time. This course will offer you the opportunity to become more aware of what causes stress, the different types of stress and how to recognise the signs and symptoms associated with each type. You will learn about ways to prevent or reduce stress for yourself and others, considering diet, exercise and other simple preventative measures that you can put in place to help keep stress at bay! By the end of the course you will be able to clearly explain what is meant by the word stress and will be able to identify some of the main possible causes. You will learn how to recognise some of the symptoms experienced by a person when faced with a stressful situation. You will also gain an understanding of both the short and long-term effects of stress on a person's health and wellbeing and will be encouraged to evaluate examples of healthy strategies for coping.

## **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/24-june-healthy-lifestyle-introduction-stress-awareness>