



Department for Education



LEVEL 1 AWARD IN STRESS AWARENESS

COURSE SUMMARY:

This course provides a clear and practical introduction to stress, exploring what stress is, why we experience it, and how it affects our wellbeing. You will learn to recognise common symptoms and causes of stress, understand its impact on daily life, and develop healthy strategies to manage and reduce it. The course also highlights how stress differs between individuals and where to access reliable Information, Advice and Guidance (IAG) to support yourself and others.

ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)

YOU WILL EXPLORE:

- ✓ **What stress** really means and why we experience it
- ✓ **Whether all** stress is bad, and how some stress can be helpful
- ✓ **The physical**, emotional and behavioural effects of stress
- ✓ **Common causes** of stress in everyday life
- ✓ **How to** recognise signs of stress in yourself and others
- ✓ **Healthy strategies** and techniques to reduce or manage stress
- ✓ **The impact** of prolonged stress on wellbeing
- ✓ **Differences in** how individuals experience and respond to stress
- ✓ **What support** is available locally and nationally for stress

- ✓ **Where to** find reliable Information, Advice and Guidance (IAG) and CEIAG



AWARD:
NCFE Level 1

PROGRESSION FROM THIS COURSE:

- Confidence workshop
- Confidence & wellbeing course
- Volunteering for wellbeing



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FUTURE=S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY