



# Department for Education



## STRESS MANAGEMENT WORKSHOP

### COURSE SUMMARY:

This three hour session will get you started on the journey towards understanding how to manage stress in your life. Why not come along and meet our friendly tutors who will show you some simple techniques for managing stress?

### 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)



**AWARD:**  
Unaccredited

### WHAT WILL YOU DO ON THIS COURSE?

This three hour introductory workshop will support you in beginning to understand what causes you to feel stressed and the impact this has on you. You will explore techniques to support you in approaching stressful situations and identify a positive step to take towards planning ahead to manage your stress levels. By the end of the workshop you will be able to:

- ✓ **Begin to** gain an understanding of the causes of stress
- ✓ **Explore ways** to manage stress
- ✓ **Have a** next step for managing stress following on from this workshop

### PROGRESSION FROM THIS COURSE:

When you have completed the Stress Management workshop why not book onto the longer 10 hour Stress Management course to extend your knowledge?



**REALISE  
FUTURES**

Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**