

# Wellbeing: Stress Management - online

## Course overview

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Stress management is all about taking charge: of your lifestyle, thoughts, emotions, and the way you deal with problems. This workshop will help you explore what stress actually is, how it can affect you and different tools and strategies you can use to manage your stress and stressors.

## What will I study?

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You will:

- Identify the ways in which stress can affect us
- Gain strategies to manage stress
- Identify tools that can help reduce stress

## Assessment method

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You will participate in Q&A sessions, discussions and reflections and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

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You will be on one of our qualifications courses or have a serious interest in the subject.  
You will need a solid understanding of English.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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This course will take place online via MS Teams.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other wellbeing courses or another course for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722