

# Staff: Stress Management (All ComSol)

## 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 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 good 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 a notepad and pen or a tablet.

## Key information

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Code	Date	Time	Location	Full Fee	Concessionary Fee
7301CP	Tuesday 6 October 2020	5.30pm to 7.30pm	Online	Free	Free

## Possible next steps

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