

Course Information Sheet

Enrichment Understanding Stress

DP14E11B



Venue 📍 Plymouth Central Library	Start Date	18 Nov 2024 10:00
	End Date	18 Nov 2024 12:00
	Fee	No Fee
	Materials	£0

[OCSW DP14E11B Enrichment Understanding Stress \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Course Description:

Gain insights into the nature of stress, its impact on health, and strategies to manage it effectively. Our "Introduction to Understanding Stress" workshop offers an in-depth look at stress and its effects on mental and physical health. This session will provide practical tools and techniques to identify, manage, and reduce stress. Ideal for anyone looking to enhance their understanding of stress and improve their well-being.

What will I learn:

Understanding Stress:

Explore the definition and causes of stress.

Impact on Health:

Learn about the physiological and psychological effects of stress.

Stress Management Techniques:

Discover practical strategies to manage and reduce stress.

Building Resilience:

Develop skills to enhance personal resilience against stress.

Who should join this course?

Anyone interested in understanding and managing stress effectively.

Entry Requirements:

There are no entry requirements

Progression Opportunities:

After completing this workshop, consider progressing to:

- Certificate in Mental Health Awareness level 1, 2 and 3
- Diploma in Stress Management

- Advanced Courses in Psychology or Counselling
- Mindfulness and Well-being Programs

How do I enrol?

To apply for this course online at www.oucoursesouthwest.co.uk and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713.

How will the course be delivered?

You will be working with your tutor and other learners face to face.

Will I need to practise outside the classroom?

As this is a one-day course, you may wish to think about the content before you attend.

How will I know I'm making progress?

At the beginning of the session, your tutor will share with you the objectives of the day, which will give you an opportunity to think about your individual aims for the session. At the end of the session, you will have time to share your experience and reflect on what you learned.

What will I need?

Please bring a notepad, and pen.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

