

## Coping With Stress

### Course Code

WEL/STRES/23/2/A1

### Time and duration

Start Date: 28 February 2024

Start Time: 09:30

Weeks: 5

### Location

Acorn Learning Centre  
Kingshead Close Castlefields  
Runcorn  
WA7 2JE

### Description

An informative and relaxed 5-week course for those who would like to discover ways in which to manage their stress more effectively and develop confidence and positive self-belief. You will learn:

How to Identify areas in their lives that are stressful

Understand how stress is shown both physically & emotionally

Recognise & identify stress triggers

Develop a set of coping strategies to combat stress including verbal and non-verbal skills

Mind-set - Developing resilience and an optimistic mind-set and view point

This is a 5 week course and you will need to attend one 2 hour session per week to achieve the course aims.

### Course Title:

Coping with Stress

### Duration:

5 weeks

### Attendance:

One 2 hour session per week

### Level:

No qualifications are required

### Topics covered:

- Identify areas in their lives that are stressful
- Understand how stress is shown both physically & emotionally
- Recognise & identify stress triggers
- Develop a set of coping strategies to combat stress including verbal and non-verbal skills
- Mind-set - Developing resilience and an optimistic mind-set and view point

### How will I be assessed?

There is no exam or formal assessment at the end of this course. You will be given supportive feedback from your tutor on a weekly basis to help you develop your skills

### Are there any costs?

There are no costs for this course.

### What will this course lead to?

On completion you may want to enrol on another well-being type course to support your development further. Your tutor will give you advice on other progression options.

To find out more or to book a place on the course please contact:

Tel: 0151 511 7788 Email: [adult.learning@halton.gov.uk](mailto:adult.learning@halton.gov.uk)

Curriculum Lead: Stephanie Bartlett

Referral Procedure: Book direct with IDS for induction