

Manage your Mindset: Developing Stress Management techniques

Course Code

WEL/STRESS/25/1/K

Time and duration

Start Date: 09 September 2025

Start Time: 17:15

Weeks: 14

Location

Kingsway Learning Centre

Victoria Road

Widnes

WA8 7QY

Description

Developing stress management techniques

Understand the nature of stress its cause and its effects on mental and physical health

Understand what stress is and how it affects the body and mind

Identify common sources of stress in daily life

Explore the impact of stress on health and wellbeing

Learn and apply stress management techniques such as relaxation, time management and mindfulness

Develop a personal stress management plan

Cost

This course is free

Eligibility

Eligibility criteria applies