



Understanding Stress - Introduction

Stress is something that affects all of us. This is a chance to explore and consider ways of both reducing and managing stress in day to day life.

Course Code: UXPKHE12

Start Date: Thu 27 February 2020

Weeks: 4

Time: 18:00 - 21:00

Fee: £48 *

Overview

In this introduction to managing stress, you will consider the physiology of stress along with its long and short term impacts including its impact on the mind and body. As a group, you will consider ways of reducing or managing stress, while increasing your own resilience.

Career Progression

After further study:

- Therapeutic Counsellor
- Mental Health First Aid Instructor
- Complementary Therapist

Academic Progression

- Mental Health Level 1
- Mental Health Certificate Level 2 (Distance Learning)
- Mental Health First Aid (Adult) Two Day Training
- Counselling Skills Certificate Level 2
- Counselling Skills Diploma Level 3

* Fee remission available on this course