

MANAGING & REDUCING STRESS

NEW ONLINE TRAINING



This is an e-learning course.
Registration on this course will last 12 months.

£14 + VAT per delegate

Brief Overview:

Everyone feels stressed at times. This is a natural response. Stress is a physical or mental state and NOT an illness. However, while short-term exposure to stress can have positive effects, prolonged periods of stress can be harmful.

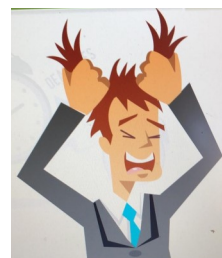
This course explains what stress is and how your body responds to it, looking at ways to reduce stress and coping strategies to better manage stress levels.

Learning Objectives:

This e learning module includes a range of learning activities to help you manage and reduce stress.

By the end of the course you should be able to:

- Understand and identify stress and why it can be detrimental for you
- Identify stress and stressors in yourself and others
- Reduce your exposure to stress
- Develop your own Wellness Action Plan
- Implement coping strategies in your work and personal life.



When you finish the course you will be asked to demonstrate your understanding by completing an assessment.

To Book: Complete the standard EALC booking form and send to **pearl.willcox@ealc.gov.uk** who will then register you with Nimble. Once processed you will receive joining instructions and your Council will then be issued with an invoice.