

Stress and Anxiety Management

What is the tutor's name?

Delphi Ellis

How long is the course?

One x 90 minute session per week for five weeks

Where is the course taking place?

Adult Education, Rivers Centre, Humber Way, Bletchley, Milton Keynes, MK3 7PH

What is the course about?

Stress and Anxiety Management is about how to manage your stress and anxiety in a healthy, positive and effective way.

What are its benefits?

This Stress and Anxiety Management course can help:

- boost confidence and self esteem
- develop healthy communication skills
- reduce stress and anxiety and maintain good mental health
- build resilience by identifying healthy coping mechanisms
- explore unhealthy coping mechanisms and why they don't work
- reduce likelihood of absence from work or social activities

How will the course be taught?

The course will look at some of the theory behind stress and anxiety management. There will be opportunities to discuss how it can be effective in helping you and from that you will learn useful strategies to overcome your stress and anxiety. There will be some writing activities and helpful handouts will be given out during the six week course. There will also be other types of media such as video to watch.

What should I bring?

Learners may wish to bring a pen and note book for both classes, although handouts and other resources will be available.

Feeling anxious about joining?

Everyone will have felt like this before and the tutor will make you feel really welcome. We can give you extra help if you need it, so please don't be afraid to ask.