

Stress Management

Aims

This course is intended for people who are active in their community or voluntary organisations, and who would like to find a better and healthier balance between their voluntary activities and the rest of their lives. When people take on too much, they can end up undermining their own health and becoming less effective.

By the end of this course participants will have prepared a personal toolkit, to help them manage their stress levels and well-being in the future.

The course will include:

- Understanding what stress is, and how it affects the individual
- How to identify your own stress triggers and how to avoid them
- Understanding the physical side-effects of stress, and how exercise and diet can help
- How to build and use a toolkit to alleviate times of stress in our lives.