



Duration: 1 day  
Number of participants: 6 -12

## Purpose

The aims of the day are to provide learners with the awareness and understanding of the causes and effects of stress and how to manage these more effectively

## Learning Outcomes

By the end of the course participants will be able to:

- outline the nature and causes of stress in their lives and describe the physical, emotional and cognitive signs of stress
- explain the difference between problem and emotion focused coping
- describe and demonstrate strategies for managing stress and tension
- outline the principle of assertiveness and time management and explain how to maintain performance under pressure

## Teaching Methods

Teaching methods include:

- presentations with handouts
- individual and group reflection
- case studies
- demonstration
- practical tasks

## Course Content

The following topics are covered by the course:

- definitions of stress and types of stress
- how to recognise stress
- the effects of stress on the body and stress related disorders
- managing stress, including the importance of lifestyle management, time management and assertiveness

For information of other courses or services  
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