

# Dealing with Stress and Anxiety Course

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There are times when we all feel stressed and anxious. Many of us struggle to understand what leads to stress and anxiety and how we develop personal strategies to cope. If you're interested in finding out how you can deal better with the effects of stress and anxiety – this course is for you.

The aim of the course is to enable you to identify current behaviours and habits that may affect how you and others deal with stress and anxiety, whilst assessing how you can improve your own self-esteem and develop a positive mindset. The course will help you to learn coping strategies and develop a more positive approach to overcome any problems in everyday life. You'll also be introduced to mindfulness techniques to help manage stress levels.

The course will be delivered online in a blended and interactive way, and the tutor will tailor the course content to your needs that you can use in daily life.



**Where:** Delivered live online via Zoom/Canvas.

**When:** The course will run once a week and start Thursday 11<sup>th</sup> August 10.00am – 11.30am for 5 sessions finishing on Thursday 8<sup>th</sup> September

**Enquiries:** Contact Dipali, mob 07980 555576, [dchandra@wea.org.uk](mailto:dchandra@wea.org.uk)

**Course Reference:** C3129280

**Book today:** To enrol go online: [Personal Development, Life Skills: Dealing with Stress and Anxiety \(C3129280\) \(wea.org.uk\)](#) or phone Student Support Service: 0300 303 3464 and use the above reference course ID C3129280