

Coping with Stress

Tutor: Delphi Ellis

How long is the course? One x 90 minute session per week delivered online for 5 weeks

What is the course about?

This course is for people who feel overwhelmed with stress in everyday life and would like to learn healthy, effective strategies to manage and maintain their mental health.

What are its benefits?

This course can help:

- consider what stress really is
- identify the role of confidence and self-esteem
- explore different communication styles
- discuss habit loops and mindful awareness
- create a list of effective self-care strategies

Will I gain a qualification?

You will not gain a formal qualification; however, you may request a Certificate of Achievement from your tutor.

How will I learn?

The sessions offer a mixture of theory and practical exercises. There may be written activities as well as the potential for learning through reading, video and suggested apps.

Where is the course taking place?

The course will be taught online on Google Classroom. Learners will also be given access to reading materials and resources relevant to the course.

What resources will I need?

You will need a device with internet access, this could be a PC, Mac, Laptop, smart/iPhone, tablet/iPad. You will be given access to our Google Classroom where you may access the course resources such as handouts, images, recordings of videos and/or audio etc. We will send you joining instructions after you enrol.

You may wish to bring a notepad and pen with you to each class in case you wish to make notes.

A recommended reading list will be given at the end of the course.

Can I talk to someone about my course before I start it?

It is usually possible to put you directly in touch with the tutor if a member of the CLMK staff cannot answer your query.

Important: If you need help with your online learning experience for a learning difficulty and/or disability (for example a hearing or sight impairment) please let CLMK and/or your tutor know as we may be able to offer you extra support or provide different learning materials. This class involves periods of meditation with eyes closed so it is particularly important that your tutor is aware if you have a hearing impairment.

The content of this course may be adapted as research and theories change.

What can I do next?

You may wish to enrol on one of our other Smile:)MK courses, or other courses within the Community Learning portfolio. You can also stay up to date via our Facebook page at <http://facebook.com/communitylearningmk> or via our website:

<https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/community-learning-mk-hub/adult-learning-community-learning>