



Introduction to Stress Awareness & Developing Emotional Resilience

UTASS, 9-11 chapel Row, Middleton in Teesdale DL12 0SN

By undertaking the course you will:

- Define what stress is and how it differs from pressure
- Gain an understanding of attitudes around stress and anxiety
- Increase awareness of how to recognise signs of stress and anxiety in self and others
- Understand what resilience is and why it matters
- Gain an understanding how to build your resilience to protect against stress
- Gain an understanding of the four basic ingredients to resilience
 - Awareness – noticing what is going on around you and inside your head
 - Thinking – being able to interpret the events that are going on in a rational way
 - Reaching Out – how we call upon others to help us meet the challenges that we face, because resilience is also about knowing when to ask for help
 - Fitness – our mental and physical ability to cope with the challenges without becoming ill
- Learn relaxation techniques to help prevent stress, overstress and anxiety

The course is FREE to anyone in receipt of a means tested benefit, if not the cost is £37.50.

**For further information, or to book a place on the course please phone
Denise Hopps, Bishop Auckland College on 01388 443078**