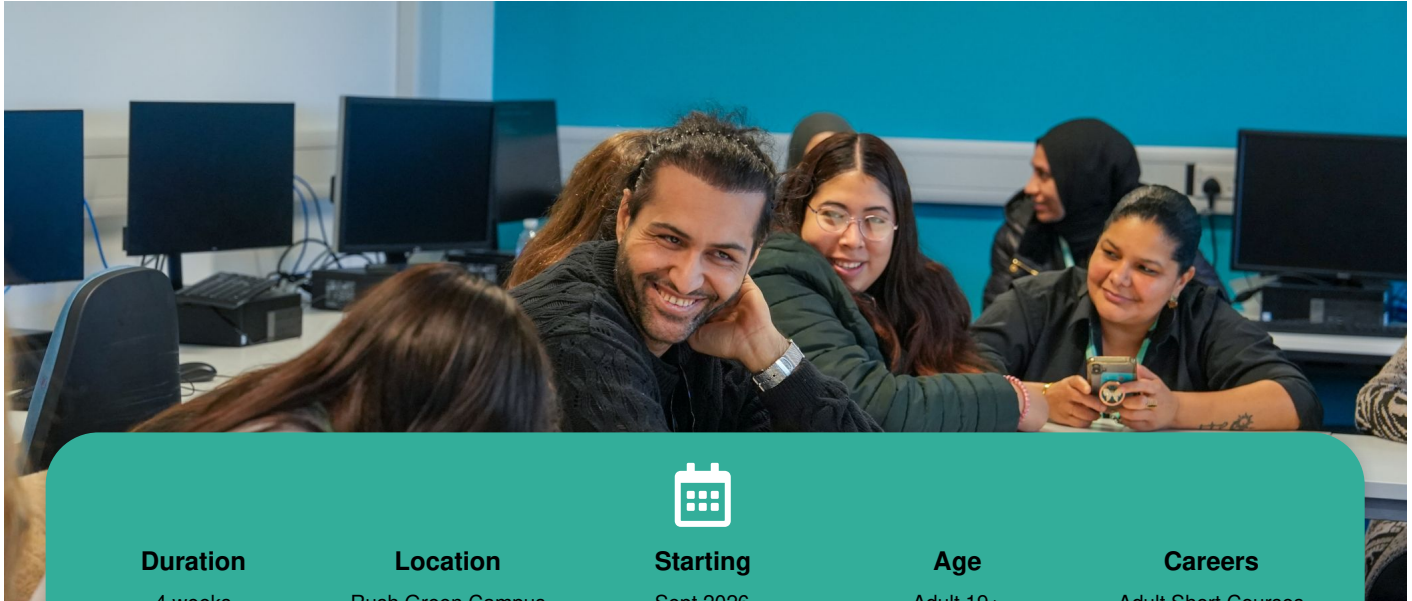


Level 1

Stress Awareness



| Duration | Location | Starting | Age | Careers |
|----------|-------------------|-----------|-----------|---------------------|
| 4 weeks | Rush Green Campus | Sept 2026 | Adult 19+ | Adult Short Courses |

Course fees per year

ADULT 19+

£102

The above fees include tuition and exam fees.
Contact us to discuss what Financial support is available.

Overview

This course will help you understand stress and its effects on health.

You will explore what causes stress, how it impacts the body and mind, and why managing it is important.

What you'll learn

As part of the introduction to stress and stress management, you will learn the following:

- The causes of stress
- How stress affects health
- How to recognise the signs and symptoms of stress
- Practical ways to prevent or reduce stress

Assessments / Exams

You will be assessed through a portfolio of evidence.

Entry requirements

Applicants should have a minimum Level 1 qualification in Literacy.

What this course leads to

On completion of this course, you can progress to the Level 2 Award in Mentoring.

Visit this course on our website: <https://barkingdagenhamcollege.ac.uk/find/courses/0000012251>

For further information please contact the college: <https://barkingdagenhamcollege.ac.uk/contact>