

# Understanding Stress for Personal Growth

Accredited through Institute of Leadership & Management



## DEALING WITH STRESS IS FUNDAMENTAL TO POSITIVE HEALTH AND WELL-BEING

This two day accredited course will help participants understand stress and how it affects people, as well as giving practical, effective tools to deal with stress. The course is delivered by a team of qualified personal development trainers including a life coach and complementary practitioner.

In this course you will learn about:

- Types of stress
- Signs and symptoms of stress
- Possible causes of stress
- Stress management techniques
- How to be kind to yourself

- Using physical exercise to lift your mood
- Developing attitudes that will help you deal with stress

Other areas of the course include breathing techniques, visualisation, meditation and acupressure points.

**This is a 2 day course.**



## Bridge of HOPE

**For training enquiries contact**

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Bridge of Hope

**A programme of  
Ashton Community Trust**

[www.thebridgeofhope.org](http://www.thebridgeofhope.org)

Community Relations Council



An Oasis of Peace