



## **Stress Free Christmas**

### **Aims of the Course**

A bite sized course in 2 parts to help participants to understand what stress is, the impact of stress and how to reduce stress.

#### **Session 1**

- To raise awareness and understanding of the nature of stress, the positive and negative aspects.
- To develop understanding of stress and how it affects us in physical, emotional, psychological and behavioural ways.
- How to I recognise personal stress and stress of friends and family?

#### **Session 2**

- How can we reduce and manage our stress levels?
  - Practice session; tools and techniques.
  - Other organisations and services that can help.
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