

## BUCKINGHAMSHIRE ADULT LEARNING

Managing Stress in a Changed World

Learn through online sessions and 1:1 support



A new \*FREE 5 week online course

Tuesday 2 June - Tuesday 30 June 10:00 - 12:00

Course code: O2CL02AFO

This course will help you identify your particular triggers for stress and recognise stress management techniques that are relevant to you.

- Take steps to manage your anxiety in an uncertain world
- Learn positive thinking techniques for everyday situations
- Manage your mood mindfully
- Stay calm when feeling stressed
- Know when to ask for help

\*Funded for targeted adults 19 years or over who meet UK residency requirements.

For more information or to enrol, please call/text

Debbie Garwood 07770 802497 - debbie.garwood@buckinghamshire.gov.uk

James Keen 07827 986448 - james.keen@buckinghamshire.gov.uk

www.adultlearningbc.ac.uk









