



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

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www.adultlearningbc.ac.uk



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