



## Stress Management

WARRNAMBOOL

5 WEEKS  
2 HOURS PER  
WEEK

\$70.00

### OVERVIEW

#### HELP YOURSELF AND THOSE AROUND YOU

##### Learn methods to identify and treat stress

Facilitated by South West Healthcare (Primary Mental Health Team) in conjunction with South West Institute of TAFE, this course is great for you if you, a family member, friend or work colleague is feeling stressed or anxious. This training will help you learn and develop tools to help and support yourself and others close to you.

#### Content

- Understanding the physical effects of stress on the body
- How to recognise your own stress triggers
- Recognising life events that could be causing or contributing to your current stress
- Relaxation / breathing exercises
- Techniques to help solve your problems
- Ways of challenging negative or unhelpful thinking
- How to better manage time
- How to look after yourself and live a healthy lifestyle

## Student Support

At South West TAFE we're here to help you complete your studies happily and successfully.

From the moment you start thinking about course options until you finish, you'll have access to a range of student support options, covering enrolment, education, social and personal issues, including:

- Education Pathway Officers who can help you with information sessions, fee payment options, TAFE and university pathways, career pathways and campus tours
- A DHHS registered Disability Support Team
- Koorie Liaison Officer
- Student Wellbeing Officer supporting your personal and social needs
- Library and Research Centre
- Bookshop supplying a range of textbooks and stationery
- Student Learning Support including literacy and numeracy

## WHAT YOU LEARN

Techniques to help solve your problems.

How to recognise your own stress triggers.

Ways of challenging negative or unhelpful thinking.

## WHAT YOU GET

Knowledge in how to identify the effects, triggers and contributions of stress, as well as methods of managing stress.

## DRESS CODE

Casual

## MATERIALS TO BRING

Pen and notepaper.

Photo identification (including your date of birth)

## CANCELLATIONS

For details regarding the Institute's Refunds Policy please contact 1300 648 911, refer to our Student Handbook available from the Customer Service Centre at your local campus, or visit our website [www.swtafe.edu.au](http://www.swtafe.edu.au).

## FURTHER INFORMATION OR TO ENROL Please

contact 1300 648 911 or visit [www.swtafe.edu.au](http://www.swtafe.edu.au).

## DISCLAIMER

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