ONLINE - WORKSHOP



FREE LEARNING COURSE

FOR UNISON MEMBERS TO LEARN MORE

STRESS AWARENESS

25 April | 09:30 -12:30pm | MS Teams

This half day course looks at stress, which one of the main causes of illness in the modern world, and ways that you can cope with it. The session will:

- · Increase your knowledge of stress and its causes
- Help you realise how short- and long-term stress affect your body
- Increase your knowledge of stress management techniques
- Increase your knowledge of sources of support





