

# Stress Awareness - NCFE CACHE Level 1 Award

## Course Description

**\* Please note that your place is not guaranteed until you receive confirmation from a member of our Customer Services Team \***

### **NCFE CACHE Level 1 Award in Stress Awareness**

This qualification aims to improve your understanding of stress. You will learn about the causes of stress and the effects stress can have on your health. You will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress.

### **Course Overview**

This course will cover the following areas:

- Understanding stress
- Different types of stress
- Symptoms of stress
- Different situations that cause stress
- Strategies to deal with stress

### **Delivery method**

The course is delivered face to face in a classroom. To achieve the qualification, you must achieve one mandatory unit which is completed via a learner workbook:

Unit 01: Introduction to stress and stress management.

### **Suitable for**

This qualification is suitable for anyone wanting to improve their understanding of stress and its effects on health. There are no specific recommended prior learning requirements for this course.

### **Progression route**

Following achievement of this qualification, you could progress onto the Level 1 Award in Mental Health Awareness.

### **Fees**

This qualification is **free** for most. However, if you are not eligible for full funding, there is a £35.00 registration fee.

## **ADDITIONAL INFORMATION**

You will need to bring a paper and a pen with you. A folder is useful to keep your work in.

DISCLAIMER: You must be aged 19+ on 31 August 2023 and have been a UK resident for at least 3 years. If you have not lived in the UK for 3 years, you can still do a course with us, but you may need to pay for your course, depending on your immigration status. Please contact us on **01724 297146** for more information.

When applying for this course, you must provide evidence to confirm eligibility for funding which includes proof of ID and full address.