

Managing Stress and Anxiety - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Managing Stress & Anxiety - Ashby Hub - Friday Afternoon - Tailored Learning	08/01/2027	05/02/2027	Ashby Community Hub	0.00
Managing Stress & Anxiety - Ashby Hub - Thursday Afternoon - Tailored Learning	17/09/2026	15/10/2026	Ashby Community Hub	0.00

Course Description

Content & Overview:

Managing Stress and Anxiety is a practical, 5-week, course designed to help adults understand the impact of stress and anxiety on the body and mind and learn real-life strategies to reduce them. Through guided activities, relaxation techniques, group discussion and simple lifestyle changes, you'll explore how to bring more calm, control and clarity into your daily routine - without needing to change your entire life. No previous experience needed - just a willingness to explore new ways to support your wellbeing.

You will learn about:

- Understanding stress and anxiety – what they are and why they matter
- Stress and anxiety in the body
- Everyday stress and anxiety triggers
- Relaxation vs distraction
- Stress and anxiety reduction in daily life

This course will also support you to strengthen your employability and transferable skills such as communication, problem-solving, and self-management to help you feel more prepared for your next steps in learning or work.

There are no tests in this course. Just some skills checks so we can see what you have learnt.

Suitable for:

Individuals who are looking to improve their strategies to help them cope with everyday life.

Entry requirements:

NA

Delivery Method:

Face to face.

Progression route:

After completing the course, you could:

- Progress to further study
- Move into employment

Support is available from our Information, Advice and Guidance team.

Any additional information:

NA

DISCLAIMER:

You must be 19+ on 31 August 2026 and ordinarily resident in England for the last 3 years. You must also be resident in the Greater Lincolnshire County Council Area (GLCCA) on the first day of learning.

When applying for this course, you must provide evidence to confirm eligibility for funding, this includes proof of ID and proof of address. In addition, we will also require evidence if your income and or benefits, if £26,800 gross or below.

If you have not attached the evidence to your application, please provide using one of the following methods:

- In person - please bring to the Business Admin office (F09) at Ashby Community Hub
- Email - the evidence to nlacl.enquiries@northlincs.gov.uk

The business admin team will contact you if any other eligibility requirements are required, based on your individual application. Please note applying for a course does not mean you are automatically offered a place on the course.

If you need further assistance or have any questions, please contact our dedicated team will be happy to help – just call us on 01724 297146 or contact us on

<https://northlincsadulteducation.co.uk/contact/>