



## Course details

### Course title

Care 2: Try relaxation techniques for stress management

### Course code

Q00018563

### Course date

Start: 21/11/24

End: 28/11/24

### Number of classes

2 sessions

### Timetable

Thu 21st Nov, 13:00 to 14:30

Thu 28th Nov, 13:00 to 14:30

### Tutor

Nicola Bailey

### Fee:

Free

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

### Venue

Online

## Level of study

Intermediate

## Course overview

All our Care2 courses are completely free for unpaid carers (or those who have previously been carers). You do not need to receive a carer's allowance to qualify. If you are unsure, please contact our call centre advisors who will be able to assist you. Modern society is often fast - paced causing many of us to feel overwhelmed and stressed, learning to relax is an effective tool to support stress management. This course is suitable for anyone - if you want to learn how to really relax, this course is ideal for you, and you are encouraged to join. You will learn to recognise how simple relaxation techniques can help you to relieve your own symptoms of stress. You will be guided through the practice of calming breathing techniques and gentle movements that ease tension in the body. Each session will end with a guided Yoga Nidra (deep relaxation practice) that will encourage deep rest of both mind and body.

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We all experience stress during our lives. Sometimes, we can become overwhelmed and experience negative symptoms such as physical tension, poor sleep, anxiety and racing thoughts. Relaxation techniques stimulate a physiological relaxation response in the body, allowing us to slow down the nervous system and alleviate symptoms of stress.

We will focus on a range of techniques that will help you to learn to deeply relax: body and breath awareness practices, gentle, mindful movements, self-massage, guided Yoga Nidra and soothing visualisation. Some of these techniques can be used as a coping strategy when experiencing a stressful situation, improving your resilience to stress. These techniques also encourage you to recognise relaxation as a necessary part of life, we can all benefit from creating our own self-care routine that helps to prevent the build-up of stress and improve our well-being.

Learning will take place in a supportive and friendly online environment. You will be able to access relaxation practice recordings in Canvas, our digital learning platform. You will discover that relaxation is an enjoyable experience that significantly enhances your well-being, everyone deserves time to rest and unwind. You may like to

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