



Course details

Course title

Care 2 (Health and Social Care): Simple Remedies to Combat Stress and Anxiety

Course code

Q00021825

Course date

Start: 21/05/25

End: 25/06/25

Fee range

Free to £44.40

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

Beginners

Course overview

This course will enhance well being with a variety of techniques and easy tips to help the body cope with stress and anxiety.

Course description

This course will teach you how to relax and unwind in a friendly and relaxed online environment. We will discuss a variety of helpful techniques to release stress such as facial and body massage and how to use essential oils for relaxation.

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