

STRESS, BURNOUT AND SELF-CARE

Course Name	Start Date	End Date	Site	Total Fees
Stress, Burnout and Self-Care	15/04/2027	15/04/2027	ENDERBY ADULT LEARNING CENTRE	0.00
Stress, Burnout and Self-Care	07/10/2026	07/10/2026	Online Delivery	0.00
Stress, Burnout and Self-Care	17/11/2026	17/11/2026	COALVILLE LIBRARY	0.00

01. Who is this course for?

This course is for anyone looking to improve or maintain their mental wellbeing.

02. What will I learn?

Too much stress or difficulty managing stress can impact negatively on how we feel both mentally and physically. Over a sustained period of time unregulated stress can lead to burnout. Developing self-care strategies can help manage stress, lead to improved resilience and provide benefits to ourselves and those around us. This session covers what stress is, the indicators of stress and burnout, then moves on to explore ways to fit self-care in to everyday life.

03. How will I learn?

During the course the Tutor will talk with you about your learning and next steps.

04. What will I need to bring?

We recommend you have writing materials like paper and a pen to help you take notes, if you are learning at one of our centres we can provide these. A short comfort break is included in each session so you may wish to bring a drink with you if your course is at one of our centres. If you are completing this course online you will need access to a PC or laptop, and have a reliable internet connection. You will also need to make sure that your device has a speaker, microphone and camera. You could also use a mobile phone or tablet but you may find that these are not ideal for seeing the course content on the shared screen and interacting with others. If you do not have access to a PC or laptop then please contact us as we may be able to help. All Leicestershire Libraries offer FREE public WiFi and spaces to study if you do not have an appropriate space at home.

05. What skills or experience do I need?

You do not need any prior skills, knowledge or experience to join this course.

06. How will I be assessed?

This is a non-accredited course and there is no formal assessment. Your Tutor will speak with you and support you to review your own progress.

07. What could I do after this course?

You may wish to progress to further courses which support your mental health and wellbeing, learning opportunities in other subject areas, volunteering or work.