

Free online course for UNISON members

MANAGE YOUR STRESS

For UNISON members who want to know about stress
and how to develop positive coping strategies

19 Oct 9.30am – 12.30pm

Course Code:

Delivered, via zoom, by an experienced mental health tutor the
session will look at:

- How Stress affects both physical and mental health
- signs, symptoms and risk factors
- coping strategies



To apply: email LMD@unison.co.uk stating: Your name, membership number or home address, name of the course, details of any facilitation needs, an email address, and contact number to be shared with the course provider