

BLOOM

LEARNING

Stress Management



Discover New Opportunities With Bloom Learning

At Bloom Learning, we are here to help you achieve your career goals and take the next step towards securing your dream. When you enrol with Bloom, we are with you every step of the way throughout your learning experience.

We understand that everyone learns differently and have designed our courses to be highly interactive, engaging and easy to navigate to enhance your learning experience and ensure you get the most out of your education.

We provide high quality online courses to anyone who is interested in developing their knowledge and skills to stand out from the crowd.



Why Study With Bloom Learning?



Roadmap creation

We design a career path just for you.



Skill Enhancement

Bridge the gap and give your career the edge it needs.



Lifestyle

Learning made for your busy lifestyle where you can go at your own pace, 24/7.



Connect

Connect with people just like you who are looking to take their career to the next level; share, study, collaborate, and succeed.



Location

With no set lectures or classroom times you can study from anywhere you want.



Support

We offer ongoing support to all students by providing expert learning partners for questions and advice throughout your course.

Stress Management

Stress is a highly subjective phenomenon that is difficult to define. When something is difficult to define then it difficult to measure. Not only is stress difficult to measure but it is also very personal. What is stressful to one person may not be stressful to another. Our online short course will equip you with a variety of strategies to combat stress, learn how to apply environmental and physical relaxation techniques to reduce stress, and how to create a plan to reduce or eliminate stress.



Outcomes

- 🕒 Define and understand the concept of stress
- 🕒 Identify lifestyle elements to reduce stress
- 🕒 Learn the Triple A approach to managing stress
- 🕒 The ability to create a plan to reduce or eliminate stress
- 🕒 Learn how to apply environmental and physical relaxation techniques to reduce stress

Pathways

- 🕒 Once you complete Stress Management, you could further your studies with our Time Management course.
- 🕒 This course is specifically designed to equip you with strategies to reduce or eliminate stress,

Course Details & Delivery

Delivery

Online with Bloom Learning with tutor support via email or phone.

Duration

- 10 lessons
- Learn at your own pace but expect to take 6-8 hours
- 12 months to complete.

Award

Upon successful completion of this Stress Management course you will be awarded a Statement of Achievement.

Units of Study

- Understanding Stress
- Altering the Situation
- Gratitude
- Practical Stress Reduction Techniques
- Using Routines to Reduce Stress
- Environmental Relaxation Techniques
- Physical Relaxation Techniques
- Coping With Major Events
- Cognitive Behaviour Therapy and Stress
- Putting Your Knowledge Into Action

Assessment

You will be required to complete a short questionnaire at the completion of each lesson



Studying with Bloom Learning

Our focus is on mentoring, inspiring and supporting people through training to enhance their career or business. Bloom Learning's course delivery is flexible so our students can study with minimal disruption to their daily life. We understand not all people keep the same schedule and that sometimes other commitments need to be worked around.



Courses

Our courses are developed by industry professionals with the goal of making your learning experience as interactive and engaging as possible at home or in the office. The courses are easy to follow, allowing you to navigate through learning content quickly and easily. Course material is practical, interactive and has detailed case studies.



Connect

Enhance your learning experience by connecting with other students. You can connect by linking to the discussion forums from your personal page through our online tool, Moodle.



Support

Educational support has been specifically developed to meet the different needs of our students. You will be assigned a highly qualified and experienced tutor to provide assistance throughout your learning experience. You can email your tutor at any time or phone during business hours, and any queries will be responded to within 24 hours.

Enrol Today

Enrolling in your course is easy:



Enrol today by visiting our website:
www.bloomlearning.com.au
and simply click 'Enrol Now'.



Alternatively, If you need help with enrolment please contact our personal learning consultants: **1300 368 313**.



Our dedicated team are waiting to listen to any questions you have and to guide you down your unique career path.

