

Merthyr Courses – Content Information

Stress Management - Understand stress and its possible causes. Define stress. Describe causes of stress. Know the symptoms of stress. Describe possible physical symptoms of stress. Describe possible psychological symptoms of stress. Know how stress can be managed. Describe what can be done to manage levels of stress. Describe relaxation techniques. Take part in and assess a relaxation technique. Develop a personal plan for reducing and managing stress.

Mental Health & Wellbeing - Understand the concept of mental health and wellbeing. Outline what is meant by, emotional health and wellbeing, a mental health problem. Give examples of common mental health problems. Understand how different factors affect mental health and wellbeing. Identify the features of emotional wellbeing. Identify a range of risk factors that can harm a person's mental health. Identify a range of resilience factors that can protect a person's mental health. Understand how stereotyping impacts on mental health and wellbeing. Identify how stereotyping and stigma are damaging for someone with a mental health problem. Identify how stereotyping and stigma can be challenged in relation to mental health. Understand where to get support and help. Identify a range of services that support people with mental health problems.