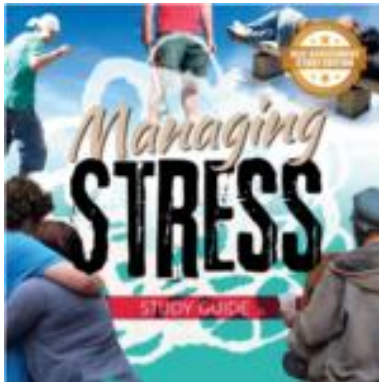




Media Release

20 May 2016

Managing Stress 20 Hour Short Course Out NOW



Another bite sized learning experience from ACS. You could finish this course in a weekend or take a year- it's up to you.

If you are feeling stressed by life, this 20 hour short course will help you with strategies to managing stress.

You will come to understand the many psychological and physical aspects of stress and ways you can manage stress and negative emotions.

Stress occurs when a system is put under pressure. Likewise, when people are overtaxed they become stressed. If this stress continues indefinitely, they experience strain and this can make us vulnerable to a range of psychological, physical and emotional difficulties. It is therefore good for one's wellbeing to keep stress within tolerable levels.

Some topics covered in this course include understanding negative emotions, controlling stress, managing anger, understanding depression and anxiety, how to deal with shame, guilt and self doubt, coping with negative emotions at home and at work and most importantly, achieving balance.

Why choose a 20hr short course:

- Fully automated (with support from our email helpdesk)
- Completely self-paced
- Can be started when you are ready
- Can be completed in 20 hours- with an option to extend your learning- it's up to you
- Receive a Certificate of Completion for your resume.

Other short courses available: Medicinal Herbs, Plant Health, Improve your Grammar, Creative Writing, Garden Design, Dog Owners Course, Feeding Animals, Managing Events, Small Business Start Up, What to Plant Where, Consumer Behaviour. Look out for many more short courses that we will be releasing over the coming weeks on our [bookshop website](#).

If you have any queries or would like to arrange an interview or a review copy of any of our eBooks, please call or email the ACS head office on the Gold Coast on (07) 5562 1088 and ask for our Media and Marketing Officers (admin@acs.edu.au).

About ACS Distance Education ... Established in 1979, ACS Distance Education is a leading Australian Distance Education provider and eBook publisher offering over 600 courses via correspondence, online or on CDs and over 100 eBooks in special interest topics. The Institution has offices in Australia and the United Kingdom and has Affiliates in Australia, Philippines, Singapore, UK, New Zealand, France and Ireland. ACS has educated thousands of students, many of whom have gone onto successful employment, both in industry or in their own businesses.