



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Stress Management Techniques for Self-Help

Health Sciences and Social Services / Preventive Health

Unit Standard 254222 · NQF Level 3 · 4 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with practical stress management techniques that can be applied as self-help tools in personal and professional contexts. It focuses on identifying stress triggers, understanding the physiological and psychological effects of stress, and implementing evidence-based strategies to reduce and manage stress effectively. By the end of the course, participants will be able to take proactive steps to enhance their well-being and resilience.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	254222
Accreditation	SAQA Accredited · NQF Level 3 · 4 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate an understanding of the nature and causes of stress and its impact on health and performance.
- Apply a range of stress management techniques, including relaxation, time management, and cognitive restructuring, as self-help tools.
- Analyze personal stress triggers and evaluate the effectiveness of different coping strategies.
- Implement a personalized stress management plan to address identified stressors.
- Demonstrate the ability to monitor and adjust stress management techniques based on feedback and outcomes.

WHO SHOULD ATTEND

- This course is ideal for individuals seeking to improve their personal stress management skills, including employees, managers, and anyone experiencing high levels of stress in their daily lives.
- It is also suitable for those who wish to support others in managing stress within a workplace or community setting.

COURSE OUTLINE

Day 1: Understanding and Applying Stress Management Techniques

- What is stress? Eustress vs. distress.
- Causes of stress: internal and external stressors.
- The stress response: fight-or-flight and its impact on health.
- Self-assessment: identifying personal stress triggers and symptoms.
- Relaxation techniques: deep breathing, progressive muscle relaxation, and visualization.
- Cognitive techniques: reframing negative thoughts and mindfulness.
- Lifestyle management: time management, exercise, nutrition, and sleep.
- Creating a personal stress management action plan.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **4 NQF credits** at **NQF Level 3**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	10 Aug 2026	On-Campus	Cape Town, South Africa
11 Aug 2026	11 Aug 2026	On-Campus	Dubai, UAE
12 Aug 2026	12 Aug 2026	On-Campus	Pretoria, South Africa
13 Aug 2026	13 Aug 2026	On-Campus	Abu Dhabi, UAE
14 Aug 2026	14 Aug 2026	On-Campus	Durban, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Mauritius
17 Aug 2026	17 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	17 Aug 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 254222) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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