

# CARER TRAINING & EDUCATION

## Managing Stress To Help Prevent Burn Out



### Managing Stress To Help Prevent Burn Out In Carers

Being a carer can be incredibly difficult and emotionally draining. Caring for often troubled children and young people and managing competing demands can take its toll on ones ability to cope.

This course is aimed at helping carers create self care habits that can be incorporated in to their every day routine as well as teaching them ways to alleviate stress, distress, anxiety and other feelings that may arise through being a carer.

A range of tools, techniques and strategies will be taught in this course. This will enable carers to create a personalised tool box that they can then draw on. Having a range of tools has proven to be necessary as one technique is unlikely to work in all situations.

The course will provide carers with opportunities to learn:

- Personal signs of stress and burn out;
- Tools, techniques and strategies to help manage emotions and reduce feelings of stress;
- How to create a personal tool box of resources for a range of symptoms and situations;
- How to identify unhelpful thought patterns contributing to stress; and
- Additional resources that are available to support carers.

#### FURTHER INFORMATION

##### Location:

Courses can be delivered at various locations within New South Wales.

##### Time and Dates:

Refer to training calendar

##### Cost:

\$225 pp Day Program (inc Refreshments & Lunch)

##### Bookings:

Call 02 9899 6006 or 0452 117 660

or email: [wendy@fostercareangels.org.au](mailto:wendy@fostercareangels.org.au)



# Foster Care Angels