



EQUIPPED

[Stress Management and Healthy Coping](#) > [Introduction](#) > [Instructions & Work...](#)

COMPLETE

LESSON PROGRESS

100% COMPLETE

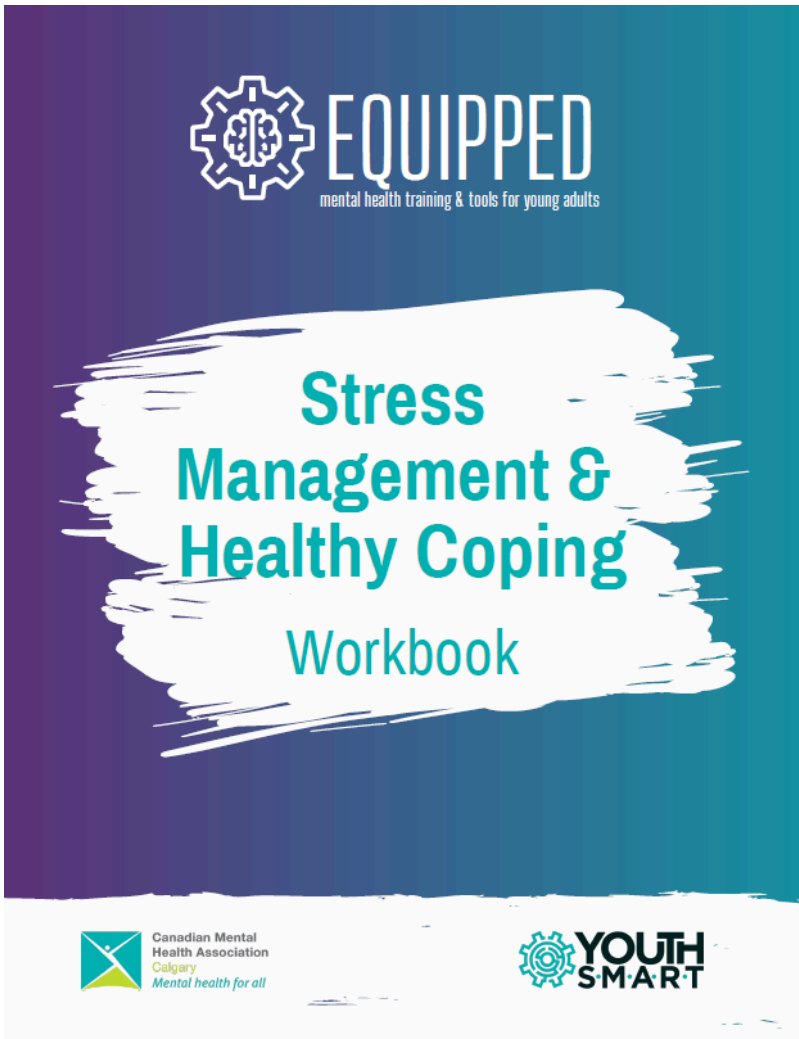
INSTRUCTIONS & WORKBOOK

ONLINE COURSE INFORMATION

- This course is designed for you to work at your own pace
- Once you have created an account and enrolled in the course, that means you can come and go as you want
- Your progress will save automatically
- If you leave the course for a break, just click on the course name when you come back to resume your work
- You can re-take this course and re-visit concepts at any time
- You may want a pen and paper as you go, but most activities will not require you to write anything down

A **Stress Management and Healthy Coping Workbook** was developed alongside this course as an additional resource. It is not necessary to stop mid-course, but helpful activities will be referenced throughout the course if you would

like to take the time to expand your knowledge. Alternatively, save the workbook as a resource to use at a later date.



[Back to Lesson](#)

[Next Topic](#) >

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