



eLearning for 18-25 year olds

Understanding stress and wellbeing

Developed by Umbrella's expert team of researchers, psychologists and cultural advisors.

Discover practical learning

We understand that life can feel hard sometimes. We're here to help. Dive into 10 modules designed to support you to strengthen your wellbeing, understand your stress response and bring you back to the "green" wellbeing zone more of the time.

This programme was developed for young adults (18-25 year olds) and provides fully funded 12-month access to 10 eLearning modules to help you thrive. Content includes:



Video guidance, tutorials and demonstrations



Engaging short lessons with practical tips you can use every day



Interactive knowledge checks to reinforce your learning through quizzes



An introduction to strengthening holistic wellbeing using Māori health model: Te Whare Tapa Whā

eLearning topics

Our eLearning modules cover essential topics including:

- Understanding stress and wellbeing
- Bringing awareness to stress
- Bringing balance to stress
- Brining connection to stress
- Looking after your mind
- Looking after your body
- Looking after your purpose
- Looking after your relationships

Register to access the eLearning here: 

www.bit.ly/stress-and-wellbeing