

Mental Wellness Hub

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# Mental Wellness Hub

## The Psychology of Stress & Stress Management

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Lectures	Activities + Additional Readings
1. What is Stress?	Yes
2. Stress Management & Children	Yes
3. Coping Mechanisms	Yes

### Assessments

- One Quiz must be completed and passed.

### Certificate Information

- Upon successful completion, a certificate will be emailed to the student. This course is internationally accredited by the International Practitioners of Holistic Medicine (IPHM).

### Payment Procedures

- Payment Options:
  - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)
  - Online via Credit Card (via Wipay)Disclaimer

- This course can be used for personal and professional development.