

Course details

Course title

Ways to Wellbeing: Poetry for Wellbeing: reading and writing upbeat poems for improved wellbeing

Course code

Q00017666

Course date

Start: 16/07/24

End: 29/07/24

Number of classes

3 sessions

Timetable

Tue 16th Jul, 14:30 to 17:00

Tue 23rd Jul, 14:30 to 17:00

Tue 30th Jul, 14:30 to 17:00

Tutor

Sarah Wardle

Fee range

Free to £29.60

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Intermediate

Course overview

While different things work for different people, well-being poems can be very comforting when you're having a difficult time, and can help us understand what we're feeling. It can also help to know someone has been where you are and to know you're not alone. On this short course you will be looking at a variety of classic and contemporary poems on positivity and strength to help you develop insight, hope, and a more positive outlook on life. You will also be writing your own poems inspired by what you have read and discussed with others to express your thoughts, emotions and use these to help improve your overall well-being.

Course description

From physical health to mental well-being, poems can have a positive impact when you are having a difficult time and can help us understand what we are feeling. While different things work for different people, mental health poems can have a profound effect when you're having a difficult time, and can help us understand what we're feeling. It can also help to know someone has been where you are, to know you're not alone. Wellness poems offer a gentle reminder to slow down, reflect and take care of our minds, bodies and spirit. On this short course, we will be reading classic and contemporary poems of positivity and strength to help us develop happier outlooks on life. You will cover a wide range of exciting topics, delving into the themes and ideas commonly found in contemporary poetry. You will also explore how reading and writing poetry can aid your wellbeing, including how to release your feelings into your writing to create powerful and emotive work. We will also be writing words of our own as draft poems to express and process difficulties and improve our mood and attitude. We will share these for group feedback in the safe space of the online class, in which writers are supportive of each other. All you need is internet connection, a pen and enthusiasm!

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us

know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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