

Course details

Course title

Healthy Living: Creativity to Manage Stress

Course code

Q00017140

Course date

Start: 22/08/24

End: 24/10/24

Number of classes

10 sessions

Timetable

Thu 22nd Aug, 11:00 to 16:00

Thu 29th Aug, 11:00 to 16:00

Thu 5th Sep, 11:00 to 16:00

Thu 12th Sep, 11:00 to 16:00

Thu 19th Sep, 11:00 to 16:00

Thu 26th Sep, 11:00 to 16:00

Thu 3rd Oct, 11:00 to 16:00

Thu 10th Oct, 11:00 to 16:00

Thu 17th Oct, 11:00 to 16:00

Thu 24th Oct, 11:00 to 16:00

Tutor

Katie Dexter

Fee range

Free to £210.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

NST Hub (North Somerset Training Communi
31 Alexandra Parade
Weston-super-Mare
BS23 1QZ

Level of study

Beginners

Course overview

Numerous studies have shown that creative activities, such as art, writing and music, can help reduce and even prevent stress. You may find that, after a stressful day, enjoying a hobby can help you to de-stress and even give you an energy boost. This friendly course will help you that being creative may also reduce feelings of anxiety and depression and can help you to express or manage your emotions in a positive and productive way. Especially when those feelings are difficult to put into words. This course will provide you with the opportunity to explore new and uplifting creative activities, and also give you the chance to socialise and connect with others who share the same interest. If you like the idea of making art in a calm and friendly environment, whilst also taking part in group activities and meeting new people, this is the right course for you!

Course description

Numerous studies have shown that creative activities, such as art, writing and music, can help reduce and even prevent stress. You may find that, after a stressful day, enjoying a hobby can help you to de-stress and even give you an energy boost. This friendly and practical course will help you learn that being creative may also reduce feelings of anxiety and depression and can help you to recognise and express or manage your thoughts and emotions in a positive and productive way. Especially when those feelings are difficult to put into words. During this inspiring course, you will be provided with the opportunity to explore new and uplifting creative activities, experimenting with a variety of different art media. As you progress, you will be encouraged to discuss and share your ideas with other group members. This will give you the chance to socialise and connect with others who share the same interests. By the end of the course, you will select and make a final art outcome, using a media of your own choosing. If you like the idea of making art in a calm and friendly environment, whilst also taking part in group activities and meeting new people, then this is the course for you!

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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