

Course details

Course title

Healthy Lifestyle: 5 Ways to Wellbeing

Course code

Q00017182

Course date

Start: 09/01/25

End: 27/02/25

Number of classes

7 sessions

Timetable

Thu 9th Jan, 11:00 to 16:00

Thu 16th Jan, 11:00 to 16:00

Thu 23rd Jan, 11:00 to 16:00

Thu 30th Jan, 11:00 to 16:00

Thu 6th Feb, 11:00 to 16:00

Thu 13th Feb, 11:00 to 16:00

Thu 27th Feb, 11:00 to 16:00

Tutor

Katie Dexter

Fee range

Free to £147.00

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

This course will enable you to consider your mental health and ways to stabilise and self-regulate your wellbeing. You will learn about different strategies that can help you re-balance and boost your self-esteem through positive action. The 5 ways to wellbeing is a national programme, which suggests there are five key things you can do each day to improve your overall mental and physical health. These include being more active, practising mindfulness, learning new things, and giving back to others. This course encourages connection with others and how to talk and reflect on ways to have a happier and healthier life!

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more active, practising mindfulness, learning new things, and giving back to others. This course encourages connection with others and how to talk and reflect on ways to have a happier and healthier life! During this supportive course, you will learn how to develop social relationships that promote personal wellbeing and the wellbeing of others. You will be encouraged to identify your personal strengths, set goals for yourself and learn new skills that will help to self-regulate mental health. You will be supported to recognise and practice strategies for overcoming negative mindsets. You will also gain an understanding of how and why exercise is so important for mental, as well as physical, wellbeing and can help to ease anxiety, stress and depression. Finally, you will have the opportunity to find out about community resources, groups and activities available in your local area.

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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