



Course details

Course title

Healthy Lifestyles: Creative Journaling

Course code

Q00017190

Course date

Start: 29/04/25

End: 17/06/25

Number of classes

7 sessions

Timetable

Tue 29th Apr, 13:00 to 17:00

Tue 6th May, 13:00 to 17:00

Tue 13th May, 13:00 to 17:00

Tue 27th May, 13:00 to 17:00

Tue 3rd Jun, 13:00 to 17:00

Tue 10th Jun, 13:00 to 17:00

Tue 17th Jun, 13:00 to 17:00

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 give you the opportunity to explore inner thoughts and emotions through creative journalling. Journalling can help you to focus your intentions, ease anxiety and identify the things you would like to change with purpose. Sometimes in life we can feel overwhelmed, and this can contribute to a lack of motivation. This is known as a mental block. Journaling has been proven to help individuals improve their mental health and work through difficult times. By sharing your Journal with the group, you will not be left alone to struggle with your thoughts and feelings in isolation.

Course description

During this friendly and inclusive course, you will discover how group journalling can help you to feel more connected to other people and give you a safe space to reflect and talk about your feelings. It is intended that this course will offer you a new path of self-discovery and personal insight. This course will give you the opportunity to explore inner thoughts and emotions through creative journalling. Journalling can help you to focus your intentions, ease anxiety and identify the things you would like to change with purpose. Sometimes in life we can feel overwhelmed, and this can contribute to a lack of motivation. This is known as a mental block. Journaling has been proven to help individuals improve their mental health and work through difficult times. By sharing your Journal with the group, you will not be left alone to struggle with your thoughts and feelings in isolation. During the course, you will be able to discuss your thoughts and feelings as part of a supportive group. You will also develop your skills and ability to work independently and consistently towards a goal. You will also learn how to evaluate your own progress and set goals for change

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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