



## Course details

### Course title

Healthy Living: Meditation and Mindfulness to support stress management

### Course code

Q00018252

### Course date

Start: 25/02/25

End: 01/04/25

### Number of classes

6 sessions

### Timetable

Tue 25th Feb, 19:00 to 20:30

Tue 4th Mar, 19:00 to 20:30

Tue 11th Mar, 19:00 to 20:30

Tue 18th Mar, 19:00 to 20:30

Tue 25th Mar, 19:00 to 20:30

Tue 1st Apr, 19:00 to 20:30

### Tutor

Nicola Bailey

### Fee range

Free to £33.30

### 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**

Beginners

## **Course overview**

Discover effective stress management with our Meditation and Mindfulness for Stress course. This class focuses on techniques to reduce stress, promote relaxation, and enhance overall well-being. Through guided meditations and mindfulness practices, you will learn to calm the mind, release tension, and cultivate a sense of inner peace. Suitable for all levels, this course empowers you to manage stress effectively in a supportive learning environment.

## **Course description**

This course introduces you to meditation and mindfulness techniques specifically designed to manage stress. You'll explore practices that promote relaxation, reduce anxiety, and enhance emotional resilience. Each session will guide you through breath-focused meditations, body scan exercises, and mindfulness practices aimed at reducing stress levels. You'll learn techniques to recognize and respond to stress triggers effectively. Guided sessions will include progressive relaxation methods and strategies for integrating mindfulness into daily life to support ongoing stress management. By the end of the course, you'll have developed a personalized toolkit for managing stress, fostering a greater sense of calm and well-being in your everyday life.

## **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.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/25-february-healthy-living-meditation-and-mindfulness-support>