

## Course details

### Course title

Healthy Living: Mindful Relaxation to support work/life balance

### Course code

Q00018257

### Course date

Start: 28/02/25

End: 04/04/25

### Number of classes

6 sessions

### Timetable

Fri 28th Feb, 13:00 to 14:30

Fri 7th Mar, 13:00 to 14:30

Fri 14th Mar, 13:00 to 14:30

Fri 21st Mar, 13:00 to 14:30

Fri 28th Mar, 13:00 to 14:30

Fri 4th Apr, 13:00 to 14:30

### 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**

Do you struggle to maintain a healthy work/life balance? This course focuses on mindful relaxation practices to support a better balance between professional and personal life. Stress and overwork can lead to burnout, but by incorporating relaxation techniques, you can find harmony and reduce stress. We will work on body awareness, mindful movements, and breathwork to help you unwind and rejuvenate. Each session concludes with a guided relaxation practice to enhance your work/life balance. Everyone can benefit from these practices to achieve a more balanced and fulfilling life.

**Course description**

This course is designed to teach relaxation practices that support a healthy work/life balance. You will be encouraged to identify areas of stress and imbalance in your life and consider activities that may contribute to these issues. Through mindful practices, you will learn to create a sense of equilibrium between your professional and personal life.

We will explore various relaxation techniques, including muscle contraction and release, gentle mindful movements, breath awareness, sound release, body scanning, and Yoga Nidra. These practices are aimed at reducing stress, improving body awareness, and promoting relaxation. You will also learn to recognize and adjust your posture and body positioning to enhance comfort and reduce tension.

Throughout the course, you will have access to practice resources in Canvas to complement your weekly classes. These resources will support you in developing a regular relaxation practice. By the end of the course, you will feel confident in your ability to practice these techniques independently, allowing you to implement them into your daily life to maintain a healthy work/life balance and enhance your overall well-being.

**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/28-february-healthy-living-mindful-relaxation-support-worklife>