

## Course details

**Course title**

Healthy Living: Mindfulness and well being

**Course code**

Q00018586

**Course date**

Start: 06/09/24

End: 27/09/24

**Fee range**

Free to £44.40

**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

Enhance your well-being through mindfulness practices with our Mindfulness and Wellbeing course. Learn techniques for stress reduction, relaxation, and improved mental health. Ideal for individuals seeking to incorporate mindfulness into their daily lives.

## Course description

Healthy Living: Mindfulness and Wellbeing is designed to help individuals improve their mental and emotional well-being through mindfulness practices. This course covers essential mindfulness techniques, including meditation, breathing exercises, and body awareness. Participants will learn how to practice mindfulness in various aspects of their daily lives, such as work, relationships, and self-care. The course includes guided mindfulness sessions, practical exercises, and discussions on the benefits of mindfulness for stress reduction, relaxation, and overall mental health. Emphasis is placed on creating a supportive environment where participants can explore and develop their mindfulness practice. By the end of the course, students will have gained tools and techniques to enhance their well-being and manage stress effectively. This course is ideal for anyone looking to incorporate mindfulness into their daily routine and improve their overall quality of 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/6-september-healthy-living-mindfulness-and-well-being>