



Course details

Course title

Healthy Living: Health and Wellbeing: Five Steps to Mental Wellbeing

Course code

Q00017825

Course date

Start: 27/02/25

End: 03/04/25

Number of classes

6 sessions

Timetable

Thu 27th Feb, 13:15 to 15:30

Thu 6th Mar, 13:15 to 15:30

Thu 13th Mar, 13:15 to 15:30

Thu 20th Mar, 13:15 to 15:30

Thu 27th Mar, 13:15 to 15:30

Thu 3rd Apr, 13:15 to 15:30

Tutor

Matt Doolan

Fee range

Free to £56.70

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

Rector's Way Allotments (Weston-super-Ma
Rectors Way
Weston-super-Mare
BS23 3NP

Level of study

Beginners

Course overview

Improve your mental health with our Healthy Living: Health and Wellbeing: Five Steps to Mental Wellbeing course. Learn practical strategies for boosting mental wellbeing through simple, effective lifestyle changes. Ideal for individuals looking to enhance their mental health and overall quality of life.

Course description

Healthy Living: Health and Wellbeing: Five Steps to Mental Wellbeing is designed to help individuals improve their mental health through practical lifestyle changes. This course covers the five key steps to mental wellbeing, including staying active, connecting with others, continuous learning, giving to others, and mindfulness. Participants will learn how to incorporate these steps into their daily lives to boost their mood, reduce stress, and improve overall mental health. The course includes practical exercises, group discussions, and expert guidance on implementing these strategies effectively. By the end of the course, participants will have a clear understanding of how to enhance their mental wellbeing and the tools needed to maintain a positive mental state. This course is ideal for anyone looking to improve their mental health and quality of life through simple, actionable steps.

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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