

## Course details

**Course title**

Healthy Living: Managing Anxiety

**Course code**

Q00016728

**Course date**

Start: 25/02/25

End: 01/04/25

**Fee:**

Free

**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

Learn practical strategies for managing anxiety in everyday life with our Healthy Living: Managing Anxiety course. Ideal for anyone looking to reduce stress and improve their mental well-being.

## Course description

Healthy Living: Managing Anxiety is designed to provide participants with tools and techniques to manage anxiety and reduce stress in their daily lives. The course covers topics such as relaxation techniques, mindfulness, and cognitive behavioural strategies for coping with anxious thoughts. Participants will learn how to recognise triggers, manage physical symptoms of anxiety, and develop healthier habits that promote emotional well-being. Through guided exercises and group discussions, participants will gain a better understanding of how to manage anxiety and take control of their mental health. This course is ideal for anyone who experiences anxiety and is looking for practical ways to manage it.

## **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-managing-anxiety>