



## Course details

### Course title

Healthy Living: Simple Remedies to combat Stress and Anxiety

### Course code

Q00020088

### Course date

Start: 07/01/25

End: 11/03/25

### Number of classes

10 sessions

### Timetable

Tue 7th Jan, 18:00 to 20:00

Tue 14th Jan, 18:00 to 20:00

Tue 21st Jan, 18:00 to 20:00

Tue 28th Jan, 18:00 to 20:00

Tue 4th Feb, 18:00 to 20:00

Tue 11th Feb, 18:00 to 20:00

Tue 18th Feb, 18:00 to 20:00

Tue 25th Feb, 18:00 to 20:00

Tue 4th Mar, 18:00 to 20:00

Tue 11th Mar, 18:00 to 20:00

### Tutor

Lisa Richards

### Fee range

Free to £74.00

### 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**

This course aims to provide participants with effective, practical strategies to manage stress and anxiety in their everyday lives. By applying hands-on techniques, participants will learn to identify their triggers and apply simple remedies to enhance their well-being.

## **Course description**

This course offers a comprehensive approach to managing stress and anxiety through simple, effective remedies. Participants will explore a variety of techniques designed to enhance mental well-being and promote relaxation. Participants will learn about the nature of stress and anxiety, including their causes and effects on overall health. These activities can be easily integrated into daily life. Attendees will develop skills to challenge negative thought patterns and improve problem-solving abilities, empowering them to manage their responses to stress. Emphasis will be placed on the importance of social support, helping participants identify and cultivate their support networks. This course is ideal for anyone looking to better understand and manage their stress and anxiety, whether they experience these feelings occasionally or more frequently.

## **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/7-january-healthy-living-simple-remedies-combat-stress-and>