



## Course details

### Course title

Healthy Living: Mindful Relaxation to support stress management

### Course code

Q00018258

### Course date

Start: 25/04/25

End: 23/05/25

### Number of classes

5 sessions

### Timetable

Fri 25th Apr, 13:00 to 14:30

Fri 2nd May, 13:00 to 14:30

Fri 9th May, 13:00 to 14:30

Fri 16th May, 13:00 to 14:30

Fri 23rd May, 13:00 to 14:30

### Tutor

Nicola Bailey

### Fee range

Free to £27.75

### 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 want to better manage stress and enhance your overall well-being? This course focuses on mindful relaxation practices to support stress management. Stress can cause physical and mental tension, but through mindful relaxation, you can learn to ease this tension and find calm. We will focus on body awareness, breathwork, and mindful movements to reduce stress. Each session will conclude with a guided relaxation practice designed to support stress relief. Everyone can benefit from these practices to manage stress more effectively and improve quality of life.

**Course description**

This course is designed to teach relaxation practices that support stress management and enhance overall well-being. You will be encouraged to identify areas of stress and tension in your life and consider activities that may contribute to these issues. Through mindful practices, you will learn to pay attention to your posture, body alignment, and how to create a sense of comfort in your body.

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 manage stress more effectively and improve your 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.

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