



## Course details

### Course title

Care 2 : Guided Relaxation to support Mental Wellbeing

### Course code

Q00018567

### Course date

Start: 16/01/25

End: 30/01/25

### Number of classes

3 sessions

### Timetable

Thu 16th Jan, 13:00 to 14:30

Thu 23rd Jan, 13:00 to 14:30

Thu 30th Jan, 13:00 to 14:30

### Tutor

Nicola Bailey

### 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

Intermediate

## Course overview

All our Care2 courses are completely free for unpaid carers (or those who have previously been carers). You do not need to receive a carer's allowance to qualify. If you are unsure, please contact our call centre advisors who will be able to assist you. Leading a busy life leaves little room for calm and relaxation. This can make it hard for us to wind down and enjoy the present. But finding these moments of calm is essential for our emotional well-being and mental health. This short course will support you to improve your mental well-being through guided relaxation practice. You will develop your ability to calm the mind by learning to physically relax your body using body scanning and mindful movement. You will learn to calm the mind through breathing practices and mindfulness practice. You will learn to encourage deep rest of mind and body through guided Yoga Nidra practice and soothing visualisation.

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This course aims to support you to improve your mental well-being through guided relaxation practice. Relaxation practices are mindfulness practices that encourage you to learn to slow down and savour the moment. Everyone can learn to slow down and relax; this course provides a range of accessible techniques that will support you to recognise which techniques work best for you.

You will be guided through body awareness practices and gentle, mindful movements that focus on moving within your own comfortable range of movement purely for the purpose of relaxation. You will learn to focus on your breathing to help you anchor in the present moment. Each session encourages you to progressively relax and ends with a Guided Yoga Nidra Practice of deep rest. This ancient practice soothes the nervous system, helping you to release tension and replenish your energy levels.

Learning will take place in a supportive and friendly online environment. You will be able to access relaxation practice recordings in Canvas, our digital learning platform. You will discover that relaxation is an enjoyable experience that significantly enhances your well-being, everyone deserves time to rest and unwind.

**Source URL:** <https://www.wea.org.uk/courses/humanities-science/health-social-care/16-january-care-2-guided-relaxation-support-mental>