

Course title: Anxiety & Stress Relief through Meditation & Mindfulness		Course ID: C2526343
Start date: 26/01/2021	End date: 09/02/2021	Day(s)/time(s): Tue 13:00
Number of sessions: 3	Hours per session: 2	Tutor Margaret Mordue
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any):		Level: Level 1
Title of qualification to be gained:		
Fee: £19.20 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Online Learning, Online, ZZ99 9ZZ		
Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments The Theme(s) used in planning your course is/ are: 1. Health and Wellbeing 2.		

Course Aim Anxiety and stress play a big part in contributing to illness - both mentally and physically. Learning how to recognise and then releasing built up tension and stress in the mind and body is paramount to our well-being.
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Course Description Anxiety and stress creates havoc with our well-being, and can cause up to 80% of illness. In this course we will work on techniques to recognise, release and relieve tension and stress in both the mind and the body to create a wonderful sense of well-being. Using a holistic approach and discovering EFT (emotional freedom techniques) we can enhance our health both mentally, emotionally and physically.
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Do I need any particular skills or experience?

What will I achieve? By the end of the course I will be able to: 1. Recognise where I am holding stress and tension in my body and use gentle movements to release it. 2. Use EFT (emotional freedom techniques) to help release anxiety and emotional stress. 3. Perform relaxation and visualisation techniques to release anxiety and stress.
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4. Practice mindfulness and meditation.

What teaching methods will be used and will there be work outside of the class?

- The WEA's digital learning platform, Canvas will be used to provide resources or to support lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning

What kind of feedback can I expect from the tutor?

- You will have opportunities to discuss your progress with your tutor

What else do I need to know? Is there anything I need to bring?

- You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- Please have a comfortable and supportive chair available, and wear loose warm clothing - we will have a short comfort break so that you can make a beverage and you may wish to have a glass or bottle of water ready.

Pre-course work, reading and information sources

- No pre reading is required but research on the subject on the internet or in the library may be helpful

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your course.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for most courses <http://www.wea.org.uk/learn-wea/course-search> or contact:

WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB
Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk



Education & Skills
Funding Agency



European Union
European Social Fund

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