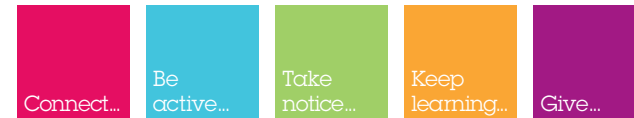


How could
you take
one small step
to make a
big difference
to your life?

Connect...
Be active...
Take notice...
Keep learning...
Give...

Five ways to wellbeing Telford



How do I enrol on one of these courses?

It's easy! Just call **01952 382888** and speak to us about Wellbeing Courses



Visit our Facebook page to view our upcoming course dates

www.facebook.com/telfordjobbox/events

Contact us

For more information on Learning for Wellbeing:

t: 01952 382888

e: jobbox@telford.gov.uk

w: www.telfordjobbox.co.uk/learningforwellbeing



The 5 Ways to Wellbeing were devised by the New Economic Foundation

Learning for wellbeing Telford



Feeling low, stressed, anxious or worried?

Try a **FREE** Short course designed to promote your wellbeing.



Keep learning... for a balanced mind and body.

Who are these courses for?

If you feel a little low, anxious, stressed, frustrated or have trouble sleeping? Are you going through a recent life change and finding it difficult to cope?

The courses are designed to help you to understand and manage your daily life, learn techniques to cope with your feelings, build your confidence and self-esteem. But overall, it will help you meet new friends and feel positive about everyday life!

Our courses are **FREE** to anyone 19 years and over. You will be taking part in a National Community Learning Research Programme in the UK to help promote wellbeing in your community. These Wellbeing courses are available in local venues across Telford & Wrekin for 2.5 hours per week over 6 weeks.

It can be difficult to make the first step into something new so, before you start, you will talk to our friendly learning mentor who will give you more information and help you to find a course to suit you.

How do I join one of these courses?

It's easy! Call **01952 382888** and speak to us about Wellbeing Courses.

What courses can I choose from?

Turn over the page to see our current range.

Coping with Seasonal Stress

(6 week course – 2.5hrs per week)

Different times of the year can be overwhelming so this course will help you to discuss your worries and stresses building up to this and share your feelings of either loneliness or being overwhelmed. The aim of this course will help you to manage and self-control your anxieties and find ways to cope with seasonal planning and seeing you through the year.

Managing Stress with Positive Vibes

(6 week course – 2.5hrs per week)

Life changes can be unexpected and the aim of this course is designed to help you self-manage your stress and anxieties caused by changes in your life, for example, redundancy, divorce, bereavement, illness, etc... and explore strategies to think positive and be more assertive about life.

Be Happy Outdoors

(6 week course – 2.5hrs per week)

Feeling lonely and trapped? This course is designed to help you feel positive and boost your self-esteem by going outdoors, being creative and helping you feel independent again. You will be able to manage your low moods, stress and isolation by showing you ways to be active and enjoy being outdoors.

Activities will be suitable for learners with wheelchair or mobility difficulties.

Feel Calmer through Story-telling

(6 week course – 2.5hrs per week)

Do you enjoy adventures or life experiences that you could share with others? Do you wish you could express yourself creatively? This course is designed to help you gain confidence in story-telling and boost your self-esteem 'letting go' of emotions and sharing your thoughts. You will be able to manage your low moods, anxiety and isolation by showing you ways to feel calmer and self-manage your emotions.



Coping for Exhausted Parents

(6 week course – 2.5hrs per week)

Having a sense of self-control is the aim of this course, to support anxious parents and to help you understand how to manage the stress when balancing home life with children and understanding about coping techniques to stay calm and in control.

Improve your Mood through Art & Crafts

(6 week course – 2.5hrs per week)

Explore your hidden creativity and find new ways to express your emotions using new art techniques and making craft projects. The aim of this course will help you to maintain self-control and manage your anxiety and emotions through drawing and understanding colour therapy to lift your moods and relax you to improve poor sleep.

Relax well - learning ways to bring a sense of calm to the everyday

(6 week course – 2.5hrs per week)

Feeling alone can affect your moods and this course will help you to understand how to use a variety of techniques to manage the feeling of being isolated and coping with life changes. During the course you will learn about being mindful, be creative, using breathing techniques, visualisation, movement, self-massage, positive affirmations all to aid being able to relax.



Food and Moods

(6 week course – 2.5hrs per week)

Different foods could affect your moods and this course will help you learn about the food you eat and how this can improve your mood changes. The aim of this course will help you to maintain self-control and build up your willpower to manage your diet. You will also understand about nutritional foods and avoid certain foods which could improve poor sleep.

Yoga for a Calm Mind

(6 week course – 2.5hrs per week)

Yoga isn't just a set of postures, it's a lifestyle change towards a whole new state of wellbeing. This course will give you the time to raise your individual awareness of the breath, body and mind in these uniquely designed classes. You will be able to explore and develop breathing techniques that relieve stress and improve sleep; suitable postures appropriate to your current flexibility, meditations to ease the mind, reduce anxiety and improve hormonal balance.

All sessions allow you to practice new techniques and skills in a controlled and supportive environment.



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