

Wellbeing: Coping with a Life-long Condition

Course overview

Having a life-long condition presents many challenges. There can be uncertainty, changes in relationships, life-style and potentially medication and side effects to manage. On this short course we will explore ideas for coping with the challenges of having a life long condition as well as strategies for staying positive.

What will I study?

You will:

- Recognize that you are not alone
- Find ways to avoid personalizing the condition
- Explore ways to improve the quality of your life
- Practice turning negative thoughts into positive ones

Assessment method

You will participate in discussions and Q&A as well as self assessment and reflection. You will receive verbal feedback from the tutor throughout.

Entry requirements

- This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other suitable wellbeing, CPD or other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722