

Wellbeing: Aromatherapy for Stress Management

Course overview

Aromatherapy is the use of aromatic essential oils to help improve our mental, emotional and physical wellbeing. Stress management is all about taking charge of your lifestyle, thoughts, emotions, and the way you deal with problems. This workshop combines the two and will help you explore how stress affects you and the different essential oils and aromatherapy methods you can use to manage your stress.

What will I study?

You will:

- Identify the ways in which stress can affect us
- Identify essential oils which help manage how stress affects us
- Be able to use essential oils safely
- Choose the essential oils most helpful for your own stress management
- Blend essential oils to use in different ways

Assessment method

You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

This course is open to all. You will need a solid understanding of English.

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 wellbeing or CPD courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

