

# Wellbeing: Improving your mental wellbeing

## Course overview

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We all get times when our mental wellbeing takes a dip. It might be for a short while or it might be for longer. Either way there are things that we can do to help to lift our mental wellbeing. This course will provide some ideas, plans, tools and techniques to help you do just that.

## What will I study?

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You will:

- Identify what mental wellbeing means for each of us
- Discuss ways in which we can positively affect our mental health
- Build a toolbox of techniques that can be used on a day to day basis
- Be more aware of how what we do affects our mental health

## Assessment method

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

## Entry requirements

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This course is suitable for all. You do not need a diagnosed mental health condition for this course to be helpful. You will need a solid understanding of English.

## What should I bring with me?

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

## Key information

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## Possible next steps

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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

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722