



Education & Skills  
Funding Agency



## WELLBEING IN NATURE

### COURSE SUMMARY:

This course will help you explore the connection between mental wellbeing and being in nature and the outdoors. You will meet at the learning centre and then participate in outdoor activity. You will also learn about local free resources to support your wellbeing and make connections with other participants.

### ENTRY REQUIREMENTS:

- Aged 19 or over
- This course is open to everyone, including those using walking aids or powered wheelchairs. Manual wheelchair users must be self-propelled or attend with support.
- We recommend wearing suitable outdoor clothing and footwear for the current weather conditions.

### WHAT WILL YOU DO ON THIS COURSE?

- ✓ **Explore the** connection between wellbeing and the natural environment in supporting your own mental health
- ✓ **Identify how** taking time in nature can support mental and physical health
- ✓ **Engage in** well-being activities
- ✓ **Discuss steps** you can take to reduce feeling isolated in the community
- ✓ **Explore grounding** techniques to regulate stress and emotions



**AWARD:**  
Unaccredited

### PROGRESSION FROM THIS COURSE:

- Level 1 Award in Personal Wellbeing
- Build on your progress by attending another one of our health and wellbeing courses



**REALISE  
FUTURE-S**  
Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY