



Staying Well During Isolation

A three week online course to help build resilience to stress, anxiety and depression through positive psychology and develop coping strategies whilst living in isolation.



Would you like to:

- **Develop mental and physical strategies to manage anxiety and stress**
- **Identify activities to do at home to improve wellbeing**
- **Stay socially connected during isolation**
- **Learn and practice mindfulness techniques**

This course is **FREE** and funded through Bedford Borough Council, Central Bedfordshire Council, the Skills Funding Agency and the European Social Fund.

COURSE INFORMATION

Monday and **Wednesdays** from **13:00 - 16:00** for **three** weeks.

Start Dates:

Monday 6th April 2020

Monday 27th April 2020

Course runs using an online website or application. Must have access to a phone, smartphone, tablet or laptop and an email account

WHO?

This course is designed for anyone struggling with isolation who would like help to manage stress and anxiety through mindfulness

INTERESTED?

Please contact us you wish to book a place for yourself or a friend.

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Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

Charity Registration Number 1059672

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