

Adult Skills & Family Learning in Lincolnshire  
Course Overview

## Balance

An informative exploration of the meaning of emotional wellbeing and mental health and how you can improve yours. This includes positive representations and understanding your own wellbeing in order to devise helpful future actions.

### Course learning outcomes:

1. **Define** what mental health is
2. **Explain** what emotional wellbeing is
3. **Investigate** the importance of maximising and sustaining health and wellbeing
4. **Research** people's perceptions around mental health and emotional wellbeing
5. **Explain** people's feelings and emotions around mental health
6. **Generate** positive reactions to the feelings and emotions around mental health
7. **Compile, assess and manage** potential risks to mental health
8. **Identify and create** a measure of your own wellbeing and **plan** for improving this

**Duration: 20 Learning Hours**