

# Wellbeing: Aromatherapy for Stress and Anxiety

## Course overview

---

Stress and anxiety can have very negative impacts on our mental, emotional and physical wellbeing. With aromatherapy we can use aromatic essential oils to help improve our mental and emotional wellbeing. This course will help you explore how stress and/or anxiety affects you and the different essential oils and aromatherapy methods you can use to support yourself.

## What will I study?

---

You will:

- Identify the ways in which stress and anxiety can affect us
- Identify essential oils which target how anxiety or stress affects us personally
- Choose the essential oils most helpful for you
- Be able to use essential oils safely
- 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

---

Please let the tutor know if you have any allergies or medical conditions.

## Possible next steps

---

During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

## Contact us

---

Our friendly staff can give you further advice and support.



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



call: 020 8270 4722