Online Education Can Improve Self Confidence And Could Help Support Enhanced Mental Health

March 21, 2019

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Nothing succeeds like success. A well-worn phrase that is all too easily dismissed. But don?t - not yet anyway.

There is a lot of focus on mental health issues now - and rightly so. A finger is often pointed to modern lifestyles as some of the possible causes of these mental health problems.

Large numbers of people are physically inactive (some people just don?t get enough exercise). Social media can lead a number of people to compare their lives with others - maybe seeing themselves as underachieving or inadequate.

But research completed by neuroscientist Daniel J Levitin, has proven that modern living has reduced the need for higher levels of brain activity for modern survival. For the most part, the essential requirements are taken care of. In the developed world anyway, no-one has to work out how to trap animals for food. Most people don?t have to be constantly on the alert to avoid being eaten by predators. And most people don?t have to solve complex problems on a daily basis.

For the most part, many people can be considered as viewers of modern living (in terms of having to think and learn) as opposed to participants in it.

According to the British charity, Mental Health Foundation, ongoing learning, personal development, and hobbies that require learning new skills and acquiring new knowledge are proven to maintain higher levels of brain activity and have positive effects on mental health.

After all the brain is just like any other muscle in the body. The more one uses it, the stronger it gets. And just like muscles, failing to exercise the brain leads to wasting and deterioration - can lead to failing mental health.

Could online education be the answer to a mental health problem

Online learning is a great aid in boosting one?s knowledge and skills - but also promotes improved mental health (MentalHealth.org.uk).

Companies such as New Skills Academy, a leading UK online provider of training and education are one of many paths to access further education.

Chris Morgan, CEO of New Skills Academy said, ?having witnessed first hand the problems associated with poor mental health, we are proud that businesses like ours are helping many people make positive changes in their lives. It?s really fantastic to see great people create opportunities to improve their own lives and the impact it has on their families and communities.?

Companies like New Skills Academy provide flexible learning opportunities that are very affordable. Courses are available in areas of study ranging from childcare to personal fitness training, to baking, to beauty and hundreds more. New Skills Academy alone has over 450 courses available online.

?It?s terrific to hear from students who return to learning in their 40?s, who dropped out of education in their school days. Many are now taking courses in areas of personal interest and excelling. Often an initial success leads them to take more detailed, higher level courses. It?s great to see the confidence boost and sense of achievement many people are getting,? says Chris Morgan of New Skills Academy.

Education and learning: an aid to promote enhanced mental health.

This feedback is supported by the leading mental health charity and research organization in the UK

(MentalHealth.org.uk). Learning and education can affect mental health and wellbeing, ?Reports shows that education programmes provide a simple, low-cost way of helping people to reduce symptoms of mild to moderate depression and anxiety.?

To find out more about online learning opportunities, contact New Skills Academy or any other online education provider for more information.

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New Skills Academy

New Skills Academy are an online learning provider with a diverse range of online courses, in fact to date, we have over 450 courses.

Whether you are entering a new job and need to develop your skills or if you are a seasoned professional

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