

Living Well courses for wellbeing and recovery

Our 'Living Well' courses have been designed to support people make positive changes to their lives. Informed by psychological principles, these self-help courses support you to identify unhelpful thinking patterns and behaviours, whilst offering new helpful coping strategies.

These digital courses will be run via Zoom; giving you all the benefits of face-to-face support from your own homes. Each group will be no more than 16 participants and facilitated by our experienced workers at Mind in Mid Herts.

Developing Self-Compassion: supporting you to combat self-criticism and develop self	26 th April – 24 th May (2:30pm – 4pm)
Building Courage: developing strategies to help you tackle anxiety	28 th April - 19 th May (6pm – 7:30pm)
Feeling Well: supporting you to understand and effectively manage depression	29 th April – 20 th May (2:30pm-4pm)
Learning to Relax: equipping you with the understanding & skills to manage stress effectively	24 th April (10am-1pm)
Being Assertive: gaining an understanding of assertive communication and behaviour	27 th April (5pm-8pm)
Building Wellbeing and Resilience for front line workers: gaining an understanding of ways to build wellbeing & resilience	1 st May (10am-1pm)
Becoming Active: understanding the impact of physical activity and overcoming barriers to exercise	11 th May (5pm-8pm)
Getting Ready for the Workplace: understanding your own readiness for work to support you development & confidence	12 th May – 16 th June (2pm-3:30pm)
Staying Well at Work: supporting you to build resilience and understand what impacts on your wellbeing at work	26 th May – 30 th June (6pm-7:30pm)
Staying Calm: understanding anger and developing strategies to effectively manage it	27 th May – 17 th June (2:30pm-4pm)
Sleeping Well: exploring strategies to help you to improve sleep	29 th May (10am-1pm)
Coping with Loss: supporting you to understand types of loss and significant changes	7 th June – 28 th June (2:30pm-4pm)
Being Assertive: gaining an understanding of assertive communication and behaviour	10 th June (5pm-8pm)
Learning to Relax: equipping you with the understanding & skills to manage stress effectively	15 th June (5pm-8pm)
Returning to Work: equipping you to build confidence returning to work after poor mental health	26 th June (10am-1pm)

Book:

Bookings: www.mindinmidherts.org.uk

Enquiries: training@mindinmidherts.org.uk

Donations can be made via mindinmidherts.org.uk



in Mid Herts