



Sleep Workshop

Good sleep habits (sometimes referred to as “**sleep hygiene**”) can help you get a good night's sleep.

This workshop will explore sleeping problems by looking at unhealthy and healthy sleeping patterns, with the aim of getting a better understanding of what constitutes poor sleep and how to improve your sleep. This will include how to deal with a racing mind, monitoring your sleep and then looking at tips for good sleeping habits.

Stress Workshop

“The time to relax is when you don't have time for it”

We all face stressful situations throughout our lives, ranging from minor annoyances like traffic jams to more serious worries, such as a loved one's grave illness. No matter what the cause, stress floods your body with hormones. Your heart pounds, your breathing speeds up, and your muscles tense.

This so-called "stress response" is a normal reaction to threatening situations, honed in our prehistory to help us survive threats like an animal attack or a flood. Today, we rarely face these physical dangers, but challenging situations in daily life can set off the stress response. We can't avoid all sources of stress in our lives, nor would we want to. But we can develop healthier ways of responding to them.

In this workshop we will introduce Cognitive Behavioural Therapy (CBT) to understand how it

could help you manage symptoms of stress. You will learn to identify symptoms of stress, how they develop, and what you can do to help manage this problem.

Mindfulness Skills Workshop

Mindfulness is a *practice*. It is a way of being. Mindfulness is not a religion, doesn't take a lot of time and can be practised anywhere, sitting on a bus, walking to work, at your desk, cooking at home or even socialising with friends.

Mindfulness is the practice of paying attention to your thoughts, emotions and body sensations in the present moment non-judgementally and with compassion.

This workshop teaches mindfulness and meditation techniques to help you cope with the stresses of modern day life. Mindfulness can help us to stop dwelling in the past or worrying about the future thereby helping you to lead a happier, more balanced life as we begin to learn to live in the present moment.

The workshop includes stress reduction techniques, guided meditations, group discussions and practical exercises led by an accredited Mindfulness teacher. The sessions are relaxed as well as relaxing! You can expect to have fun, meet like-minded people and learn simple effective techniques that you can begin to apply straight away to your day to day life.

Managing Panic Attacks Workshop

As anyone who has experienced them will know, panic attacks can be very unpleasant and distressing. A panic attack can be very frightening and you may feel a strong desire to escape the situation or to seek emergency assistance. This workshop helps explain how the physical symptoms of anxiety can come together and create a perfect storm of panic – and more importantly will share with you techniques for overcoming panic attacks.

This workshop is designed for people who experience panic attacks and find it difficult to understand and manage the physical symptoms of anxiety, which can build to intense physical sensations or a sense of impending doom. It provides the psychoeducation behind why we have anxiety, how it stimulates the fight-or-flight response in us, and what the physical symptom it causes really means. Many people change their behavior to try to prevent panic attacks. Some people are affected so much that they try to avoid any place where it might be difficult to get help or to escape from. The workshop will examine the use of 'avoidance' as a strategy and explore whether some strategies we use really help or

maybe actually contribute to the problem we are trying to solve. The workshop will highlight evidence-based techniques for overcoming panic. With these tools you will be better prepared to get back in control of your anxiety and move forward with your life.

Living With A Long Term Health Condition Workshop

The Long Term Condition Workshop is for people living with a long term physical health condition who would like to help themselves better manage their long term condition and wellbeing.

This course is suitable for anyone who lives with a long term condition who is interested in taking a more active approach in the self-management of their condition. Living with a long term condition can be challenging and stressful at times. This may be because the health condition itself can be demanding to manage and/or the condition may be having a significant impact upon many different aspects of life including routine activities, mood, energy, sleep and relationships. This workshop will aim to make a real practical difference in the day-to-day management of your condition and your psychological well-being. In this workshop you will learn what it means to live with and manage your long term condition, learn helpful ways to manage your psychological well-being and meet and share learning with other people living with a long term condition.

Assertiveness Workshop

Many people do not believe that they have the right to be assertive. Many are highly anxious/fearful about being assertive. Many lack the social skills for effective self-expression. Some people consider assertiveness to be situationally specific: most people can be assertive in some situations, and yet be ineffectual in others. Assertiveness training expands the number of situations in which a person can choose to be assertive.

Training to be more assertive includes building assertive skills, modeling (establishing new behaviors and reducing avoidance behaviors) and rehearsal. The key to becoming more assertive is practice of new behavior patterns.

The aim of this workshop is to learn what assertiveness is and then to practice behaving and communicating more assertively, while reducing communicating in passive and aggressive

ways.

People who are unassertive usually have low self-esteem, so it is important to restore some sense of worth back to yourself. Therapy will help you to feel in control, more confident and less anxious. Being assertive helps you to gain more respect from others, satisfy your needs, resolve conflicts, feel better about yourself and achieve your goals.

Low Mood & Depression Workshop

This workshop will explore low mood and depression with the aim of getting a better understanding of what triggers downward spirals in mood that can lead to depression. There will also be a discussion on what maintains depression preventing a person from recovering and returning to healthy levels of functioning.

The workshop will also introduce tools and techniques that are used to tackle low mood and depression, including keeping a diary, learning how to challenge negative thinking, understanding how to find motivation, and activity scheduling to stimulate behavioural activation.

Anxiety Workshop

This workshop will give you an overview of what Cognitive Behavioural Therapy (CBT) and anxiety are and how CBT can be used to address anxiety. CBT techniques to combat anxiety include relaxation skills and cognitive and behavioural skills such as cognitive restructuring and exposure. The workshop will also shed light on why sometimes relaxation strategies can actually make anxiety worse in the long run. However relaxation skills are a tried and tested effective way of helping people to cope with anxiety therefore the workshop will also explore when to use relaxation strategies and when not to use relaxation as a way of dealing with anxiety.

Food for Thought Workshop

This workshop will look at the relationship between Food and Mood from a CBT perspective. The participants will be invited to explore the role of emotional eating in trying to maintain a

healthy weight. When struggling with strong emotions some people turn to food to help them deal with difficult or upsetting situations and some people use food as a way of providing comfort or support.

This workshop will look at ways to recognise emotional eating, being aware of our emotions and building healthier, better relationships with food.

Loneliness and Isolation Workshop

This workshop will explore what it means to feel lonely and isolated. Desiring contact and feelings of closeness with others is a normal human desire; we are a social species and are programmed to be around others. Loneliness is the feeling we get when our need for rewarding social contact and relationships is not met.

Do you sometimes feel lonely and isolated?

Then do join us for an interactive talk on ways to overcome feelings of loneliness and isolation

Seasonal Affective Disorder (SAD) Workshop (Winter Wellness)

Does your mood tend to drop with the change in seasons?

This workshop is for anyone with a seasonal pattern to low mood or depression. The change in season, shorter days resulting in less light, can bring about a condition of depression and change in mood known as seasonal affective disorder (SAD).

SAD is a very common affliction that typically starts in autumn and lasts throughout the winter months. There are a lot of things you can do to help you manage and maintain a steady mood throughout the entire year. The workshop will highlight tips and techniques to help ease the effects of seasonal affective disorder.

Body Image Workshop

Body image is how we think and feel about ourselves physically and how we believe others see us. This workshop is for people who struggle with the way they perceive their

appearance.

This workshop will explore what the term 'body image' means, factors that can affect our body image, different representations of beauty, and steps that we can take to improve our own body image. The workshop will also examine the link between a person's perception and beliefs regarding their own body image, their physical self and the thoughts, feelings and behaviour that result from that perception.

Work Life Balance Workshop

This workshop is designed to explore what having a healthy work/life balance actually means. Work is a fact of life for most everyone. Work takes up by far the largest part of the hours that you are awake; however, it is only one part of your life and is part of the bigger picture that makes up your personality and happiness. If you are unable to achieve a balance between work and other areas of your life – family, friends, travel and relaxation for example – it is likely to have an adverse effect on your health, wellbeing and mood.

The workshop will also look at the psychological and physical impact of a poor work/life balance and how to develop an action plan to optimise health and wellbeing at home and at work.

Pain Management Workshop

Our pain management workshop is designed to help people who are living with chronic pain. The workshop will explore what pain is, and why some people go on to experience chronic pain.

Whilst many of the techniques we will cover can be very beneficial in reducing the level of pain that you feel, they are not total solutions for your pain. Pain is an incredibly complex experience, which is affected by many different factors which we will explore together.

The workshop will aim to teach techniques to enable people who live with chronic pain to improve the quality of life and manage their pain effectively. This in turn can help sufferers reduce their experience of pain.

Caring for Carers

Carers play a vital and valuable role which at times can also be challenging. Therefore it is equally vital that carers have access to support for their own wellbeing.

Carers can become quite isolated and notice changes in their mood as result of their caring responsibilities. They can feel overwhelmed especially if it is felt that the person's wellbeing depends on the carer being well themselves.

Reflecting on how your caring responsibilities affect you and how you feel about the person you care for are important to be able to start building a better work-life-balance which will allow you to create a healthier balance between caring and other aspects of your life.

This workshop will use strengths-based cognitive-behavioral strategies to help build carers' resilience. CBT techniques will also be used to teach ways to manage anxiety, stress, and low mood.

Managing Depression & Anxiety Workshop

This webinar will improve understanding of what makes us vulnerable to depression and anxiety, it will explore CBT techniques and practical strategies that will help break the cycle of depression and anxiety.

Understanding Anger Workshop

This webinar will increase understanding of our emotions and how to manage Anger. It will discuss techniques to manage anger and improve overall confident in regulating our emotions. Making Anger work for you and not against you.

ACT (Acceptance and Commitment Therapy) Workshop

This webinar is centred on the principles of acceptance and commitment therapy. It offers an introduction to ACT principles and will increase understanding of changing our

perspectives and many aspects of life for the better. As well as how to begin to practice techniques that facilitates emotional resilience and help us cope with life's challenges.

Building self-esteem & Self-acceptance Workshop

This webinar will improve our understanding of how low self-esteem develops, our core beliefs and the impact of low self-esteem in day to day life. It will offer techniques that will increasing confidence through awareness and practical CBT skills.

- Wellbeing and relaxation for pregnancy and parenthood
Looking after you, having time for yourself and self-care, thinking about values in your life and how your time is currently being spent

Managing anxiety and worry in for pregnancy and parenthood
- We will discuss in this session how worry is a common symptom of anxiety, we will look at how pregnancy and parenthood may be impacting the level of anxiety. We will identify what we can and can't control during these times, and introduce techniques to cope better with the current situation
- Activity for boosting mood in pregnancy and parenthood
In this session we will discuss that low mood can affect behaviour, we will consider how to maintain a balanced life in this extremely busy time and look at ways in which we can improve mood by increasing activity. Prioritising you as well as baby and reconnecting to things that are important to you.
- Managing sleep during pregnancy and parenthood
A good night's sleep is vital for our physical and emotional wellbeing .
- Eating well for you bump and baby –
We will discuss in this session how eating healthily is very important for you and your baby's health. We will look into what healthy eating means for your bump and your baby and how that will be positively impacting your little one's health and lifestyle in the future. We will share some practical advice on how to apply balanced and healthy eating during pregnancy, and what special nutrients you will need to focus on during the pregnancy and breastfeeding periods

