

# Living Well

## Courses for wellbeing and recovery

Our 'Living Well' courses have been designed to support people make positive changes in their lives. Informed by Cognitive Behavioural Therapy (CBT) principles these guided 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

<b>Feeling Well</b> supporting you to understand and effectively manage depression & low mood	30 <sup>th</sup> June to 21 <sup>st</sup> July 2:30pm – 4pm
<b>Building Courage</b> developing strategies to help you tackle anxiety	1 <sup>st</sup> July to 22 <sup>nd</sup> July 6pm-7:30pm
<b>Learning to Relax</b> equipping you with the understanding & skills to manage stress effectively	18 <sup>th</sup> July 9:30am-12:30pm
<b>Sleeping Well</b> exploring strategies to help you to improve sleep	27 <sup>th</sup> July 5pm-8pm
<b>Being Assertive</b> gaining an understanding of assertive communication and behaviour	30 <sup>th</sup> July 10am-1pm
<b>Learning to Relax</b> equipping you with the understanding & skills to manage stress effectively	4 <sup>th</sup> August 5:30pm – 8:30pm

**Fully Funded Courses, Book:**

Website: [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)

Email us: [training@mindinmidherts.org.uk](mailto:training@mindinmidherts.org.uk)

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