

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.

Feeling Well: supporting you to understand and effectively manage depression	11 th Jan – 1 st Feb (2:30pm – 4pm)
Developing Self-Compassion: supporting you to combat self-criticism and develop self	13 th Jan – 3 rd Feb (6pm – 7:30pm)
Becoming Active: understanding the impact of physical activity and overcoming barriers to exercise	14 th Jan (5pm – 8pm)
Being Assertive: gaining an understanding of assertive communication and behaviour	19 th Jan (5pm – 8pm)
Building Courage: developing strategies to help you tackle anxiety	21 st Jan – 11 th Feb (2:30pm – 4pm)
Learning to Relax: equipping you with the understanding & skills to manage stress effectively	30 th Jan (10am – 1pm)
Eating Well: gaining an understanding of healthy eating and how healthy eating can fight issues such as stress	11 th Feb (5pm – 8pm)
Staying Calm: understanding anger and developing strategies to effectively manage it	22 nd Feb – 15 th March (2:30pm–4pm)
Getting Ready to Work: understanding your own readiness for work to support you development & confidence	24 th Feb – 31 st March (2pm-3:30pm)
Staying Well at Work: supporting you to build resilience and understand what impacts on your wellbeing at work	24 th Feb – 31 st March (6pm – 7:30pm)
Sleeping Well: exploring strategies to help you to improve sleep	27 th Feb (10am – 1pm)
Coping with Loss: supporting you to understand types of loss and significant changes	4 th March – 25 th March (2:30pm-4pm)
Returning to Work: equipping you to build confidence returning to work after poor mental health	6 th March (10am-1pm)
Being Assertive: gaining an understanding of assertive communication and behaviour	11 th March (5pm – 8pm)
Learning to Relax: equipping you with the understanding & skills to manage stress effectively	16 th March (5pm – 8pm)

Fully Funded Courses, Book:

Bookings: www.mindinmidherts.org.uk
 Enquiries: training@mindinmidherts.org.uk
 Donations can be made via mindinmidherts.org.uk