



Living Well

Courses for Wellbeing & Recovery

We're Mind in Mid Herts, supporting people to live well in their communities

 **mind**
for better mental health
in Mid Herts

About us...

Mind in Mid Herts are an innovative and experienced provider of mental health services in Hertfordshire and have our well being centres in St. Albans, Stevenage, Hertford and Welwyn Garden City. As both individuals and as an organisation we are committed to providing high quality services for local people.

We provide a positive and holistic approach to promoting mental wellbeing. Mind in Mid Herts offers a wide range of opportunities, ensuring that local people can access social support, services to aid their recovery and skills to maintain their wellbeing.

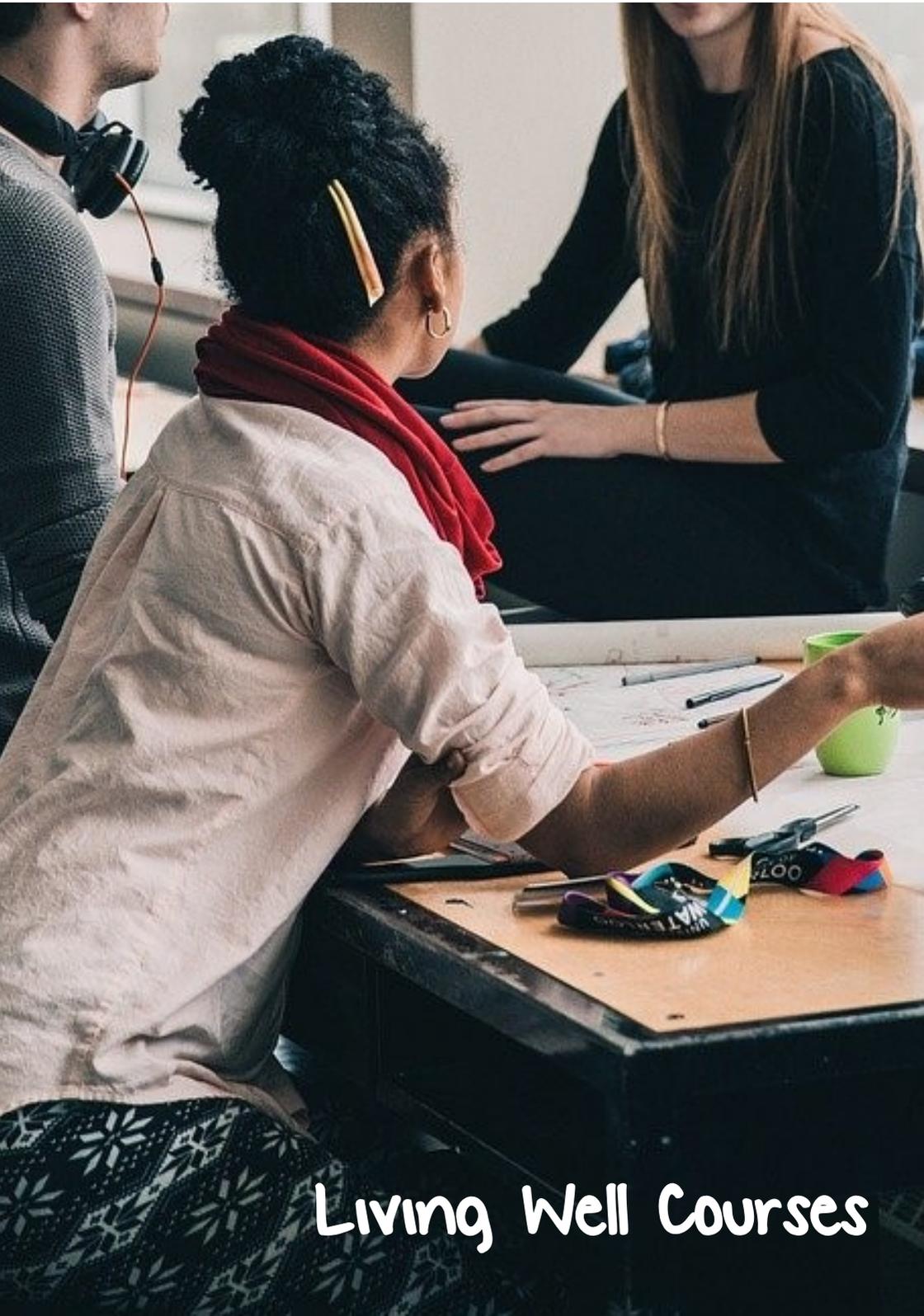
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Living Well Courses

Staying Calm

We all feel angry at times – it's part of being human. Anger is a normal, healthy emotion, in fact it can sometimes be useful. Most people will experience episodes of anger which feel manageable and don't have a big impact on their lives. Anger only becomes a problem when it gets out of control and harms you or the people around you. Learning healthy ways to recognise, express and deal with anger is important for our mental and physical health.

This course supports people to gain a good understanding of what anger is, how it is maintained and to equip people to develop a range of strategies to effectively manage their anger.

Objectives:

By the end of the course learners will:

- understand what anger is and why this occurs
- identify and challenge unhelpful thinking
- understand how our thinking impacts on mood and behaviour
- effectively use a number of strategies/ techniques for managing anger.

This course runs over 4 weeks; each session lasts for 90 minutes.



“A massive thank you for delivering the building Courage course, I found the content extremely useful especially during such a turbulent time”

Abbey

Building Courage

Anxiety is what we feel when we are worried, tense or afraid; particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we perceive that we are under threat. It becomes problematic when it starts to impact on our daily lives.

This course supports people to gain a good understanding of what anxiety is, how it is maintained and to equip learners with a range of strategies to effectively manage their anxiety.

Objectives:

By the end of the course learners will:

- understand anxiety, and recognise the symptoms of anxiety
- recognise their own unhealthy cycle of anxiety
- be able to identify and challenge their own unhelpful thinking patterns
- effectively use a number of strategies to manage symptoms of anxiety
- identify ways to build positive wellbeing

This course runs over 4 weeks; each session lasts for 90 minutes.



Feeling Well

Depression is a low mood that lasts for a long time, and affects everyday life. In its mildest form, depression can mean just being in low spirits. It will not stop someone from leading their normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening, leaving people feeling suicidal or simply giving up the will to live.

This course enables participants to gain an understanding of depression; its causes, symptoms and develop a range of strategies to effectively manage their mood.

Objectives:

By the end of the course learners will:

- understand depression, and recognise the symptoms of depression
- recognise their own unhealthy cycle of depression
- be able to identify and challenge their own unhelpful thinking patterns
- effectively use a number of strategies to manage their mood
- complete their own staying well recovery plan

This course runs over 4 weeks; each session lasts for 90 minutes.



Coping with Loss

Grief can be difficult and stressful and nearly everybody goes through it at some point in their lives. Despite this, it can be very difficult to predict how we might react to a loss, as it is a very individual process affecting everyone in very different ways. During a time of loss it's possible to experience a range of emotions.; there is no right or wrong way to feel. These feelings can also happen because of other types of loss or changes in circumstances, for example: the end of a relationship, the loss of a job. Understanding these feelings can be helpful during these times.

This course supports people to understand loss and the significant changes and emotions that are experienced whilst supporting people to develop ways to look after their wellbeing.

Objectives:

By the end of the course learners will:

- understand the meaning of loss and change
- identify typical reactions and responses to loss
- understand their own thoughts and feelings in relation to loss and change
- recognise the 5 stages of grief
- learn effective tools and strategies to support their mental health and wellbeing.

This course runs over 4 weeks; each session lasts for 90 minutes.



Developing Self Compassion

When we are mindful of our struggles, and respond to ourselves with compassion, kindness and support we can find the strength we need to thrive. Individuals who are more self-compassionate tend to have greater happiness, life satisfaction and motivation, better relationships and physical health, and less anxiety and depression.

This course supports people to develop self-compassion, self-acceptance and use a range of strategies to build self-esteem.

Objectives:

By the end of the course learners will:

- understand what is meant by self-compassion and self-esteem.
- recognise self-criticism and how this impacts on wellbeing
- implement a range of strategies to support the development of self-compassion to build positive wellbeing

This course runs over 4 weeks; each session lasts for 90 minutes.





Staying Well at Work

Mental health problems at work are common. At least one in six workers is experiencing common mental health problems, including anxiety and depression. You might not be talking about it, and may feel scared and confused about confronting the issue at work. But there are small, simple steps you can take to look after yourself and make your work life mentally healthier.

This course supports people to build their resilience and gain an understanding of what impacts their wellbeing at work and how to build positive wellbeing.

Objectives:

By the end of the course learners will:

- define mental health and mental wellbeing
- demonstrate knowledge of resilience and identify ways to build resilience.
- be familiar with ways to develop their emotional intelligence.
- understand stress and how this impacts on their wellbeing
- identify a range of strategies to effectively manage their stress and built positive wellbeing in the workplace.

This course runs over 6 weeks; each session lasts for 90 minutes.



Getting Ready for Work

Looking for work can be challenging, not because we don't know how to job search but because we may feel lacking in confidence or self-esteem. Getting ready for work not only requires practical skills but psychological readiness.

This six-week programme enables you to gain an understanding of your readiness for work or volunteering and develop tools and strategies to support your development, confidence and wellbeing.

Objectives:

By the end of the course learners will:

- recognise your own barriers returning to work
- develop strategies to build confidence and self-esteem
- understand your values and how these affect job search and role
- demonstrate a knowledge of 7 basic skills set
- explore ways to build your own motivation and avoid procrastination
- build resilience and positive well-being

This course runs over 6 weeks; each session lasts for 90 minutes.



Living Well Workshops

Being Assertive

Assertive behaviour ensures that your opinions and feelings are considered. Being assertive shows confidence and self awareness. This can have a positive impact on our wellbeing and relationships.

This workshop gives a good understanding of what assertive behaviour is, the barriers to being assertive and support learners to develop a range of skills to enable them to be more assertive in a range of situations

Objectives:

By the end of the workshop learners will:

- define assertive, passive and aggressive communication
- Identify their own barriers to assertive behaviour and effective communication
- understand the role of non-verbal communication and use this to communicate more effectively
- Ability to use a range of techniques that will aid assertion

This workshop runs for 3 hours



Returning to Work

Returning to work after a period of absence can bring mixed feelings. Often people are looking forward to returning to a sense of routine, but are also apprehensive about how they will manage work and whether they will be able to maintain their health when back at work.

This workshop provides space to reflect on what practical strategies are needed to return to work after a period of mental ill-health

Objectives:

By the end of this workshop attendees will be able to:

- understand wellbeing and mental health
- recognise their own signs of good and poor wellbeing.
- recognise the impact of poor mental health on performance and what support is needed during these times.
- identify actions and positive steps you and your manager will take if you are experiencing stress or poor mental health
- identify barriers to seeking support.
- Identifying support networks and services.

This workshop runs for 3 hours



Learning to Relax

We all know what it's like to feel stressed, but it's not easy to pin down exactly what stress means. Being under pressure is a normal part of life. It can help you take action, feel more energised and get results. But if you often become overwhelmed by stress, these feelings could start to be a problem for you. Impacting on your physical and mental health.

This workshop equips people with a good understanding of what stress is, how it is managed and equip people with a range of

Objectives:

By the end of the workshop learners will:

- understand stress, the causes and effects of stress
- recognise the relationship between their thoughts, feelings and behaviour and how these help to maintain stress
- Implement a range of relaxation techniques
- Understand a range of strategies to effectively manage stress

This workshop runs for 3 hours



“Thank you for the excellent workshop on sleep. You introduced ideas that I have not heard mentioned before. I have been trying some of them and my sleep has improved in the past week.”

Peter

Sleeping Well

Good sleep doesn't just mean lots of sleep: it means the right kind of sleep. While we may not often think about why we sleep, most of us acknowledge at some level that sleep makes us feel better. We feel more alert, more energetic, happier, and better able to function following a good nights sleep. However, the fact that sleep makes us feel better and that going without sleep makes us feel worse only begins to explain why sleep might be necessary.

This workshop is designed to for participants to gain an understanding of sleep; and to learn and explore strategies to

Objectives:

By the end of the workshop participants will:

- understand the science of sleep, sleep cycles, the psychological and physiological benefits of sleep.
- Have learnt and developed strategies to improve their sleep

This workshop runs for 3 hours



Eating Well

Knowing what foods we should and shouldn't be eating can be really confusing, especially when it feels like the advice changes regularly. However, evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel.

This workshop explores various aspects of healthy eating, such as food labelling, weight management and how healthy eating can help fight issues such as stress.

Objectives:

By the end of the workshop learners will:

- understand the importance of diet on their wellbeing and learn how food might be affecting their moods
- explored ways to make informed decisions in regards to nutrition

This workshop runs for 3 hours



Becoming Active

Being physically active means sitting down less and moving our bodies more. Many people find that physical activity helps them maintain positive mental health, either on its own, or in combination with other treatments.

This workshop provides insight into the impact of physical activity on physical and mental health; and explores strategies to support people overcome the barriers to exercise.

Objectives:

By the end of the workshop learners will:

- understand the importance of physical activity and exercise on mental health
- understand behaviour change and how to use this to facilitate reaching goals
- know ways to tackle barriers to engaging in activity

This workshop runs for 3 hours

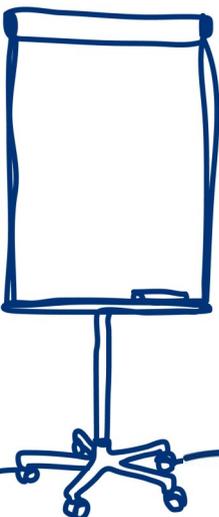
Our 'Living Well' courses have been designed to support people make positive changes in their lives. Informed by psychological theories these guided self-help courses and workshops support you to understand your own experience and build new strategies to live a healthy life.

What can I expect?

You can expect that you will follow a structured programme of learning in a safe confidential space with our experienced tutors. Each course and workshop is interactive; allowing you to put what you have learnt into practice. You will receive a Living Well workbook to support you on your journey.

What do I need to know?

These courses are for everyone; whether you are looking to develop new strategies to look after your wellbeing or are currently experiencing difficulties with your mental health.



We understand that making changes can be difficult; we will be there to support you along the way. You will always be able to choose how best to participate; only ever sharing or participating in ways that feel right for you.



How to book?

Visit our website to book your place on the course or workshop of your choice. You will receive a confirmation email of your space. Please let us know 24 hours prior to the session if you are unable to attend.

If you would like to discuss further please do contact us on

Telephone: 03303 208100

Email: training@mindinmidherts.org.uk

The team and I look forward to welcoming you on a session soon.

Nicky

(Head of Training & Development)

Contact us

To make a booking or to find out more about
our training and support services



03303 208100



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www.mindinmidherts.org.uk

Mind in Mid Herts is a registered charity no. 1101678 and an affiliated local association of national mental health charity 'Mind'