

# 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.

<b>Developing Self-Compassion:</b> supporting you to combat self-criticism and develop self	26 <sup>th</sup> April – 24 <sup>th</sup> May (2:30pm – 4pm)
<b>Building Courage:</b> developing strategies to help you tackle anxiety	28 <sup>th</sup> April - 19 <sup>th</sup> May (6pm – 7:30pm)
<b>Feeling Well:</b> supporting you to understand and effectively manage depression	29 <sup>th</sup> April – 20 <sup>th</sup> May (2:30pm-4pm)
<b>Learning to Relax:</b> equipping you with the understanding & skills to manage stress effectively	24 <sup>th</sup> April (10am-1pm)
<b>Being Assertive:</b> gaining an understanding of assertive communication and behaviour	27 <sup>th</sup> April (5pm-8pm)
<b>Building Wellbeing and Resilience for front line workers:</b> gaining an understanding of ways to build wellbeing & resilience	1 <sup>st</sup> May (10am-1pm)
<b>Becoming Active:</b> understanding the impact of physical activity and overcoming barriers to exercise	11 <sup>th</sup> May (5pm-8pm)
<b>Getting Ready for the Workplace:</b> understanding your own readiness for work to support you development & confidence	12 <sup>th</sup> May – 16 <sup>th</sup> June (2pm-3:30pm)
<b>Staying Well at Work:</b> supporting you to build resilience and understand what impacts on your wellbeing at work	26 <sup>th</sup> May – 30 <sup>th</sup> June (6pm-7:30pm)
<b>Staying Calm:</b> understanding anger and developing strategies to effectively manage it	27 <sup>th</sup> May – 17 <sup>th</sup> June (2:30pm-4pm)
<b>Sleeping Well:</b> exploring strategies to help you to improve sleep	29 <sup>th</sup> May (10am-1pm)
<b>Coping with Loss:</b> supporting you to understand types of loss and significant changes	7 <sup>th</sup> June – 28 <sup>th</sup> June (2:30pm-4pm)
<b>Being Assertive:</b> gaining an understanding of assertive communication and behaviour	10 <sup>th</sup> June (5pm-8pm)
<b>Learning to Relax:</b> equipping you with the understanding & skills to manage stress effectively	15 <sup>th</sup> June (5pm-8pm)
<b>Returning to Work:</b> equipping you to build confidence returning to work after poor mental health	25 <sup>th</sup> June (10am-1pm)

**Book:**

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

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

Donations can be made via [mindinmidherts.org.uk](http://mindinmidherts.org.uk)



in Mid Herts