



Bookings: mindinmidherts.org/living-well

Enquiries: training@mindinmidherts.org.uk

Donations: Our Living Well workshops are funded and free to attend, giving you the opportunity to build skills for better mental health and wellbeing at no cost. However, donations play a vital role in helping us sustain and expand other essential services we offer, as well as ensuring we can continue delivering Living Well workshops in the long term. Every contribution, big or small, makes a difference. If you'd like to support us, you can donate at mindinmidherts.org.uk/donate.

Eating Well: gaining an understanding of healthy eating and how healthy eating can fight issues such as stress.	Online Workshop	This workshop runs over two Wednesday sessions: 15th and 22nd October, 6:00pm - 7:30pm
Building Courage: developing strategies to help you tackle anxiety.	Online Workshop	This workshop runs over four Tuesday sessions: 22nd October to 11th November, 1:30pm - 2:30pm
Feeling Well: gain a deeper understanding of low mood and learn strategies to help manage it.	Stevenage Centre	This workshop runs over three Friday sessions: 7th, 14th and 21st November, 1:00pm - 3pm
Being Assertive: gain an understanding of assertive communication and behaviour	Online Workshop	This workshop takes place over two Wednesday sessions: 19th and 26th November, 5pm - 6:30pm
Staying Calm: developing strategies to effectively express difficult emotions	Online Workshop	This workshop runs over two Monday sessions: 24th November and 1st December, 1pm - 3pm
Sleeping Well: exploring strategies to help you to improve sleep.	Online Workshop	This workshop runs over two Tuesday sessions: 2nd and 9th December, 6pm - 7:30pm
Learning to Relax: equipping you with the skills to manage stress effectively	Online Workshop	This workshop runs over two Monday sessions: 8th and 15th December, 10am - 11:30am

‘Living Well’ workshops are designed to support people in exploring practical ways to manage everyday challenges and improve wellbeing.

Grounded in psychological approaches, these sessions offer space to reflect on past experiences, explore helpful coping strategies, and gain new insights in a supportive group setting.

Workshops are delivered both online and in-person at our local centres. Each group is kept small, with no more than 16 participants, and sessions are facilitated by Mind in Mid Herts team members trained to guide discussion and learning in a safe and welcoming environment.



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