



Managing Wellbeing

Welcome to the Managing Wellbeing Course. This 8-week therapeutic course aims to encourage participants who struggles with stress, anxiety, low mood or trauma symptoms, to explore and learn, new and different ways of managing their mental health and wellbeing. It will consider physical signs and symptoms, triggers, warning signs, along with thinking styles and default modes. Its intention is to empower individuals to regain control in small areas of their lives through making minor changes.

You will need some basic art materials for the sessions such as crayons, pencil crayons or felt tip pens and you should have some paper handy to make notes on. It is important that you use a tablet, laptop or PC for the session as

this is run via the Zoom Platform and there will be some screen interactions. The sessions include group discussions, personal reflections and hand-outs to back up the learning. It is important to attend all the sessions to get the most out of this course.



Please note these sessions will be delivered **Via Zoom Platform**

Participants will need to use a laptop, PC or tablet (mobile phone will not give the same interactions)

Mondays

Time: 1:00 – 2:30pm

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