

# 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>Feeling Well:</b> supporting you to understand and effectively manage depression	12 <sup>th</sup> July – 2 <sup>nd</sup> Aug (2:30pm – 4pm)
<b>Building Courage:</b> developing strategies to help you tackle anxiety	15 <sup>th</sup> July – 5 <sup>th</sup> Aug (2:30pm-4pm)
<b>Developing Self-Compassion:</b> supporting you to combat self-criticism and develop self-compassion	21 <sup>st</sup> July – 11 <sup>th</sup> Aug (6pm – 7:30pm)
<b>Sleeping Well:</b> exploring strategies to help you to improve sleep	29 <sup>th</sup> July (5pm – 8pm)
<b>Being Assertive:</b> gaining an understanding of assertive communication and behaviour	10 <sup>th</sup> August (5pm – 8pm)
<b>Coping with Loss:</b> supporting you to understand types of loss and significant changes	6 <sup>th</sup> Sept – 27 <sup>th</sup> Sept (2:30pm – 4pm)
<b>Getting Ready for the Workplace:</b> understand your own readiness for work	8 <sup>th</sup> Sept – 13 <sup>th</sup> Oct (2pm – 3:30pm)
<b>Staying Calm:</b> understanding anger and developing strategies to effectively manage it	8 <sup>th</sup> Sept – 29 <sup>th</sup> Sept (6pm 7:30pm)
<b>Learning to Relax:</b> equipping you with the understanding & skills to manage stress effectively	11 <sup>th</sup> September (10am – 1pm)
<b>Sleeping Well:</b> exploring strategies to help you to improve sleep	21 <sup>st</sup> September (5pm – 8pm)

**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)

