

# Improving your Wellbeing Workshop

Learn techniques & strategies to improve your wellbeing.

Are you struggling with low mood, anxiety or worry?

Have you started to withdraw from or avoid situations?

Do you find you are worrying throughout the day?

## What is the Workshop about?

These Workshops are based on Cognitive Behaviour Therapy (CBT) techniques for adults experiencing symptoms of low mood or anxiety.

## How will the Workshops help?

The Workshops will help you learn new skills to enable you to tackle the many challenges associated with experiencing these symptoms, you will be taught techniques and ways of managing anxiety and low mood.

## Some of the topics/ techniques you will learn on the course include:

**Session 1** - Wellbeing: Understanding the vicious cycle of low mood & anxiety, Relaxation & Mindfulness and making small lifestyle changes.

**Session 2** - Motivation, behaviour change, and support networks.

**Session 3** - How to manage unhelpful thinking and worry.

## When & where is the Workshop?

The Workshop will be at **Stockport homes Sheltered Housing Scheme (Lounge area).**  
Oaktree Court  
Cheadle  
SK8 1EZ

on the 15/04/2024, 22/04/2024 & 29/04/2024- Between 13:00 AND 15:00 PM.

## How to book onto the Workshop?

Book your space by calling Age UK Stockport on 0161 480 1211 or turn up on the day.



for anxiety and depression

Service provided by Pennine Care NHS Foundation Trust