



Free Wellbeing Workshops on a Range of Topics

Wellbeing

This interactive talk will provide an understanding of what wellbeing means, information on common difficulties including low mood and anxiety, and self-help techniques to improve and maintain wellbeing.

Stress and Worry

We all experience stress and worry but sometimes it can feel too overwhelming to cope with. This workshop aims to help us understand more about stress and worry learn techniques to help manage.

Mood Boost

Learn more about low mood, how it affects us and what we can do about it. This pro-active workshops looks at how we can break out of the vicious cycle of feeling down.

Motivation Booster Session

“There’s too much to do”, “I can’t be bothered”, “I’ll do that later, when I feel like it”. Sound familiar? This workshop aims to help you learn more about how we can build motivation and put off procrastination!

Negative Thinking

Learn more about how thinking styles can affect our mood and how we can gain more of a balanced perspective.

Goal Setting & Problem Solving

Knowing the first step to take is not always easy. This workshop will help you learn how to set achievable and realistic goals.

Confidence Building

Understand how thoughts and actions affect our confidence & learn practical and effective techniques to build confidence levels!

Getting a Good Night’s Sleep

Trouble falling asleep? Tossing and turning for hours? Learn more about sleep and practical techniques to improve it.

Relaxation

Learn evidence-based relaxation techniques to improve wellbeing and how to introduce it into your week.

Understanding Panic

Learn about what panic attacks are, how they occur and how to manage them.

These workshops can be held on your premises or at St Charles Centre for Health and Wellbeing, Exmoor St, W10 6DZ

If you are interested in any of these workshops or have any questions, please contact **Abie Thomas** -

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