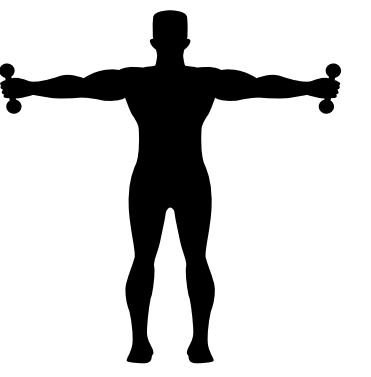




Mental Wellbeing Course

The Mental Wellbeing course runs over six sessions and is designed to help participants look after their mental health and wellbeing in a way that works for them. It provides them with a range of techniques to increase resilience, emotional regulation, and ability to manage stress. The sessions are conducting in groups to encourage peer-support.

What do the 6 sessions cover?

Session One

What does mental wellbeing mean to me?

Our philosophy is *wellbeing is self-expression from the inside-out, not the outside-in*. We introduce groups to this at the start of this session, and ask them to define what wellbeing means to them. They are then given techniques to actively check in with their sense of wellbeing.

Session Two

Self-Care and Self-Compassion

Knowing how to speak nicely to ourselves is paramount to self-confidence and mental wellbeing. This lesson explores how we do this, and how to manage thoughts and experiences that might negatively impact mental wellbeing.

Session Three

Judgement

This session looks at what judgement is and how it serves us on a daily basis. We then ask groups to get curious and think outside the box with engaging activities and scenario testing for real-world examples.

Session Four

Cultivating Positive Emotions

Why is it that despite a day being filled with positive experiences, just one negative experience can hijack our thoughts? In this session we look to balance the equation and learn how to create positive emotions.

Session Five

Focus

Having learned how to be less judgemental and creating positive emotions, it is important to know what to focus on and when. This session helps participants focus on how they want to in their lives.

Session Six

Value from Values

The last session of the series looks at values. Essential to identity and integrity, we define what values are and how to bring them out in our actions. Participants complete this session with an activity on their uniqueness and the value that brings to the world.

For more information on specific sessions, please contact chris@trainforwards.com.