**Workshop Descriptors**

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| **Building Self-Confidence** | ***Knowing ourselves and having confidence in ourselves is not only important but is helpful in living well. Focussing on inner confidence rather than behaviour, this course will share strategies that enable you to identify your strengths and qualities in order to live well and maintain your wellbeing. This workshop will focus on understanding the importance of self-confidence for wellbeing, explore strategies for increasing and maintaining our confidence*** |
| **Compassionate Mind** | ***Compassion focused mindfulness practice specifically looks at cultivating and fostering a kinder, more soothing approach to deal with difficult emotions and self-criticism.***  ***The first step is to recognize how critical self-talk lowers mood and sets up vicious negative cycles of feeling awful about ourselves. Building compassion for ourselves can help counteract these vicious cycles. With a compassionate focus we can learn to think in a way that helps us to be more accepting of ourselves*** |
| **Daily Meditation** | ***A gentle daily exercise that helps you to raise awareness of yourself and your surroundings.  Can be used to help relieve stress and improve concentration.*** |
| **Food Made Easy** | ***In this workshop, we will look at how food can affect our mood. We will look at the relationship between what we eat and how we feel – including tips on how to incorporate healthy eating into our lives.*** |
| **Getting a Good Night’s Sleep** | ***Do you have difficulty getting off to sleep at night? Wake up early in the morning? Spend the night tossing and turning? This workshop gives basic information about sleep and the common causes of sleep problems. We will explore the things that may get in the way of getting a good night’s sleep and offer tips and tools to help you to sleep better*** |
| **Growing Towards Health and Wellness** | ***Calling all “green fingers” and those that have an interest but not necessarily the knowledge skills or experience in gardening. We would like your help in further developing our garden into an open space that reflects wellness and recovery, where people can sit, relax and enjoy.***  ***This six week workshop will offer people an opportunity to explore the link between gardening nature, wellness and wellbeing, while having the practical elements of designing planting, sowing and digging. Be it sowing and minding your own flower pot, tending to a vegetable plot, or simply deciding where the garden seat will go.***  ***The creation of a physical thing from your own work, that you can then use to nourish yourself, is a great boost to self-esteem that can’t be underestimated.*** |
| **Learning Self-Compassion and Kindness for Myself** | ***Do you ever feel cut off from others and feel like other people are somehow better able to cope? Is it difficult to find time to look after yourself? Do you tend to criticise and judge yourself more harshly than you would others? Do you concentrate more on mistakes and failures rather than your strengths and successes? There is another way. Developing self-compassion and learning to be kinder to ourselves is possible for everyone. It can help us to discover who we are in times of difficulty. This workshop will explore what self-compassion is and how to overcome barriers to developing it.*** |
| **Let’s Talk Addictions** | ***This workshop is for people who are curious or concerned about their own alcohol or drug use, or are concerned about the alcohol or drug use of someone they care about. It is also for people who work in services who want to support people more confidently around alcohol and drug issues. We will be exploring this subject in a sensitive and non-judgemental way where people don’t need to share their personal experience if they don’t feel comfortable. We will explore and recognise the types of substances that can be misused and the harm misusing substances can cause mentally, psychically and socially. We will look at some of the reasons why people use drugs or alcohol, how people can decide whether their use of alcohol or drugs is a problem or not.*** |
| **Let’s Talk Anxiety** | ***Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. In this workshop we will look at how anxiety affects people in different ways - both emotionally and physically - and when these periods of unease, fear or worry affects your mental health. We will look at the different types of anxiety, its possible causes and how you can help manage these feelings. You will have the opportunity to discuss your own personal experiences whilst learning from others. This workshop will provide you with a safe space to discuss your concerns, find out about support, and self-help groups available in your community.*** |
| **Let’s Talk Families and Communication** | ***This workshop looks at communication in families. It includes tips and tools in how to make time for yourself and explore the role of the family member and the challenges ill health, financial difficulties and, lack of proper communications can bring to everyday life.*** |
| **Let’s Talk Hearing Voices** | ***Having unusual thoughts, hearing voices, hallucinating or experiencing things that some would describe as psychosis can be very confusing and unsettling. This workshop will offer a safe and welcoming place to develop an increased awareness and understanding of these experiences. We will explore some of the causes, triggers and share ideas on what we can do to keep well and look at possible tools to stay well and manage. We will also look at some of the useful ways people have used to manage their own lived experiences.*** |
| **Let’s Talk Resilience** | ***Resilience is the process of adapting well in the face of adversity or significant sources of stress – such as family or relationship problems, health or financial problems.***  ***This workshop will explore some of the tools we can use to help us ‘bounce back’ from difficult experiences.*** |
| **Loneliness & Isolation** | ***Everyone can be affected by loneliness. In this workshop, we will share ideas on how loneliness can be positively addressed, explore what resources and services might be available locally and identify how we can help people make a connection with others.*** |
| **Managing Life’s Changes** | ***This workshop will explore how changes in life affect us and how we can work towards acceptance to help ourselves and our wellbeing. We will look at the process of change, the different types of change and explore what holds us back from change. We will also look at the importance of taking care of ourselves during times of change, learn tips and tools for adapting to and managing change.*** |
| **Me and My Moods** | ***Everyone gets moody! Your moods are useful to you, and they are a big part of how you choose to behave and think. Some days you feel on top of the world and other days you‘ll feel like staying under the duvet.***  ***This workshop incorporates the themes of recovery, self-management and wellbeing and will help you to develop tips and tools to enable you to explore further ways in which you can take back control and manage your challenges, dealing with moods.*** |
| **Mindfulness** | ***Mindfulness is about focusing on how things actually are in a given moment, not on what might have happened in the past, nor how we might want things to be in the future.***  ***With mindfulness we can learn to think in a way that helps us to be at peace with our thoughts and emotions.*** |
| **Movement for Mood** | ***Did you know that simple movements can affect your mood? In this workshop we will explore how movements can help you feel better – in both body & mind.*** |
| **Music for Mood** | ***Do you listen to music? Has it ever uplifted your mood? How does music influence or affect our mental health? This workshop will explore why some music can motivate us or sooth us and how we can use music as a wellness tool in our everyday lives.*** |
| **Positive Psychotherapy (PPT)**  **(Positive Mind)** | ***Positive Psychotherapy is a therapeutic approach based broadly on the principles of Positive Psychology. Positive Psychology studies the conditions and processes that enable individuals to flourish, and lead meaningful and purposeful lives. It explores what works, what is right and what can be nurtured. Positive Psychotherapy is a therapeutic approach that attempts to counteract an individual’s symptoms with strengths, weaknesses with virtues, and deficits with skills to enhance a person’s well-being. Positive Psychotherapy is an evidenced-based approach and has been applied to a number of clinical conditions and has been shown to be effective with a range of mental health issues including depression, personality disorders and post-traumatic stress. The positives in Positive Psychotherapy refer to Positive emotions, Engagement, Relationships, Meaning, and Accomplishment. Fulfillment of these elements is associated with lower rates of distress and higher rates of life satisfaction.***  ***The objective of this eight week Programme is to help participants fulfill these core elements and to teach and support people in applying various strategies and skills to this end and offer participants a clearly structured pathway to incorporate positive interventions in their own lives.***  ***Each week builds on the previous week, so it is best to try and attend most if not all of the weeks.*** |
| **Positive Thinking – Practicing Wellbeing** | ***The power of positive thinking is remarkable.***  ***Developing a positive attitude can transform your whole life for the better.***  ***This workshop explores ways we practice Positive Thinking ourselves.*** |
| **Self-Care and Wellness at Work** | ***Self-care is what “What we do for ourselves to establish and maintain health & to prevent and deal with illness”. Everyone’s approach will be different. In this workshop we will look at ways to help you identify activities and practices that will help your health and wellbeing in the workplace.*** |
| **Skills for Managing Distress and Overwhelming Emotions** | ***This workshop will give teach you some of the skills that will help you cope better with painful events. It will show you some of the ways you can build up your resiliency and give you new ways to soften the effects of upsetting circumstances.***  ***“You can’t calm the storm, so stop trying. What you can do is calm yourself, the storm will pass.”*** |
| **Top Tips for Looking after Yourself** | ***We can all get caught up in the continuous cycle of life, work – sleep- work.  This workshop will provide some tips that can be incorporated into your daily  life that will help to you achieve a healthy mind and body.*** |
| **Understanding Self Esteem** | ***We believe that real self-esteem comes from a healthy respect for yourself and an understanding of what your role is in the world. Each week we will look at a different aspect of how you feel about yourself and how to build on that. Some of the topics covered: interactions with others, low and positive self-esteem and positive affirmations. We look at areas including; Your awareness of who you are, How you think and feel about your strengths and weaknesses. The expectations you place on yourself. Your awareness of what you want from your life. Do you accept yourself for who you are or not? How you view yourself in comparison to others, How you think and feel about what other people say about you.*** |
| **Understanding Medication** | ***The aim of this workshop is to give you a chance to talk about the use of medications, the benefits, the challenges and how we can manage their use more effectively. We will explore potential side effects as well as other available options. We will also discuss access to reliable information re medication as well as who to contact if you have any questions in the future. This workshop will give you an opportunity to ask questions and learn from others.*** |
| **WRAP** | ***WRAP (The Wellness Recovery Action Plan) is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain wellness and demonstrates how we can gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well.*** |
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