

Brent Wellbeing Workshop Themes

Introduction to Talking Therapies

This is a workshop designed to increase awareness of support available to individuals who are experiencing symptoms of common mental health difficulties (such as depression and anxiety). The workshop will educate people on what the symptoms of depression and anxiety/stress are and how to recognise them. We will inform clients of support available to manage their difficulties and how to access it. We would also provide participants with a set of strategies and techniques they can implement independently to better manage their symptoms as part of their mental wellbeing.

- What is talking therapies?
- What is depression?
- What is anxiety?
- What can I do to ameliorate my symptoms and reduce my distress?
- What help is available out there? How can I access it?

Stress Management

Do you experience stress or worry due to demands in life?

Attendees will learn about stress and its effects on the body, relaxation, healthy work life balance with routine and worry techniques. This a workshop which staff of organisations and other services have often found very beneficial.

- Stress and its effects on the body
- How to maintain a healthy work life balance
- Techniques and mechanisms to use
- How to cope
- Routine and worry techniques
- Relaxation
- How to access the available support

Low Mood and Behavioural Activation

Do you experience symptoms of low mood?

This workshop is designed to teach you strategies and techniques to better manage their symptoms and lift up your mood. It specifically looks at a CBT technique known as Behavioural Activation.

- Stress and its effects on the body
- Symptoms of depression
- Overcome barriers
- Create a balanced life of activities
- How to cope
- Relaxation
- Techniques and mechanisms to use
- How to access the available support

Introduction to Mindfulness

This workshop provides you with an understanding of mindfulness and how it can be used to increase mental and physical wellbeing. It is an experiential workshop where participants will have an opportunity to practice mindfulness techniques and learn how they may be beneficial for them.

- What is mindfulness?
- Focusing on the present moment
- Benefits to mental & physical health
- Improve concentration skills
- Improve observation skills
- Tackle anxiety, stress & low mood
- Practise techniques
- Info about Brent Talking Therapies

Improving Sleep

This is a workshop for those who have some form of sleeping difficulty. It looks at what contributes to and maintaining one's poor sleep as well as providing effective ways to improve sleep and their overall wellbeing.

- How sleep problems can affect wellbeing
- Stages of sleep
- Causes of sleep difficulties
- Vicious cycle of sleep difficulties
- Practise relaxation techniques
- Noticing and managing worries
- How to access the available support

Wellbeing in Later Life

In this workshop, we'll discuss the common struggles faced in older age, such as coping with life transitions. Understand how stress, anxiety and low mood affects us. Getting a healthy balance of activities. Types of worry and how to deal with them. A chance to practise therapy techniques. Awareness of support available.

- How stress, anxiety and low mood affects us
- Coping with life transitions
- Getting a healthy balance of activities
- Practise therapy techniques
- Relaxation
- Types of worry and how to deal with them
- Info about available support

Wellbeing for Carers

In this workshop, we'll discuss the common struggles faced by carers. It aims to help you manage stress, anxiety and low mood. Learn about a healthy balance of activities. Practise therapy techniques. Awareness of support available.

Wellbeing for Young Adults

This workshop focuses on helping maintain wellbeing amongst young adults aged 18 and over. It includes ways of tackling procrastination as well as stress and low mood. Learn about a healthy balance of activities. Practise therapy techniques.

Wellbeing with Long Term Conditions

Wellbeing workshops can be tailored to people suffering from long term conditions such as Diabetes (type 1 and 2), Chronic Obstructive Pulmonary Disease (COPD) and other respiratory problems, Cardiac conditions and Asthma. These groups of people have been found more at risk of developing and experiencing symptoms of stress, worry and low mood.

- How to better manage long term conditions
- How stress, anxiety and low mood affects us
- Getting a healthy balance of activities
- Coping with life transitions
- Practise therapy techniques
- Types of worry and how to deal with them
- How to access the available support