

# Improving your Wellbeing Workshop

Learn techniques & strategies to improve your wellbeing

Are you struggling with low mood, anxiety or worry?

Are you struggling with your motivation?

Are you struggling with poor sleep?

## What is the Workshop about?

This Workshop is a FREE Cognitive Behaviour Therapy (CBT) course for adults experiencing symptoms of low mood or anxiety.

## How could the Workshop help?

The Workshop helps 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:

- o Understanding the vicious cycle of low mood & anxiety.
- o How small changes to our lifestyle can have a big impact on our wellbeing.
- o Relaxation and Mindfulness
- o How to improve your activity levels and in turn improve motivation.
- o How to improve your sleep.

## When & where is the Workshop?

The Workshops will be at **on the 7<sup>th</sup> & 14<sup>th</sup> October 2024- between 13:00- 15:00 PM.**

**SKY UP Digital Hub,  
2 Castle Street  
Edgeley,  
Stockport,  
SK3 9AB.**

## How to book onto the Workshop?

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



**for anxiety and depression**

Service provided by Pennine Care NHS Foundation Trust