

Life After Lockdown: Feeling Better in 8 Easy Steps

Aims of the course:

As we look back at what has been a difficult year for everyone, some of us may be having thoughts, experiencing feelings and displaying behaviours that cause concern. And, as lockdown restrictions are lifted, we may be struggling with how we might readapt and take positive steps forward for the year ahead and on into the 'new normal'.

A friendly and supportive course over 8 weeks, each session we will introduce a bite-sized topic covering a range of mental health and wellbeing issues to help offset the negative impact of Coronavirus and feel better, stronger and more prepared for life after lockdown.

Join us on this journey to learn tried and tested techniques that, with practice, can help enhance the way you feel.

Aims of Session one: 'Anxiety and Worry'

- Understand what Anxiety and Worry is
- Recognise the signs of Anxiety and Worry
- Why is it important to learn about and understand Anxiety and Worry
- Identify different techniques and coping strategies to deal with Anxiety and Worry

Aims of Session two: 'Confidence Building'

- To understand what confidence & self-confidence is
- To understand what self-esteem is, the causes and effects of low self-esteem, tips to improve etc.
- To learn about thoughts, rational/irrational thoughts, the importance of challenging thoughts
- Explore criticism, constructive/destructive criticism, reacting to criticism
- Focus on behaviour, how it influences thinking
- What is communication, assertiveness, rights
- Tips and techniques to improve confidence and self-esteem

Aims of Session three: 'Anger and Frustration'

- Understand anger
- Understand how to manage and control anger
- To understand how our thinking patterns, belief and moods affect us
- To gain a greater understanding of our perceptions
- To understand assertiveness
- Learn how to put your tools into action
- Understanding problem solving, changing negative to positive
- Understand the effects of other emotions on behaviour, poor lifestyle habits

Aims of Session Four: 'Grief and Loss'

- Understanding what grief is, types
- What is 'Intangible Grief'
- The Kübler-Ross Grief Cycle
- The Meaning Triangle
- Coping Strategies for Grief and Loss

Aims of Session Five: 'Sleep Hygiene, Physical Exercise and Healthy Diet'

- What is Sleep Hygiene, why is it so important, how to improve
- What is Physical Exercise, why is it so important, how to improve
- What is a Healthy Diet, why is it so important, how to improve

Aims of Session Six: 'Relaxation, Mindfulness and Grounding'

- Explain what relaxation, mindfulness and grounding is and its' benefits
- Find out more about how mindful and relaxed we are
- Discuss how we can improve our mindfulness
- Try some relaxation techniques using different resources

Aims of Session Seven: 'Positive Communication'

- To understand what communication is
- Why and how we communicate, types of communication
- Listening skills and why that is so important
- How our mental health affects our listening and communication
- Assertive Communication
- Tips on communication, conversation etc.

Aims of Session Seven: 'Adapting to the New Norm'

- Recap, review, reflect
- Learning to Accept Uncertainty