

ACL

FREE

MENTAL HEALTH

WELLBEING & RECOVERY PROGRAMME

AUTUMN 2021



We offer a **FREE** range of courses for anyone wishing to improve their mental wellbeing or recovering from a period of mental ill-health, or for anyone wishing to gain awareness of mental ill health or who are supporting or working with people who are experiencing mental health difficulties. The programme is available for those who live or work in Essex.

Courses take place online in a virtual classroom or in one of our classrooms with group teaching facilitated by two qualified specialist tutors who have professional and lived experience and knowledge of mental health.

Each session lasts 2.5 hours and courses are offered at different days and times.

- For details and to enrol on courses, see website: aclessex.com/mental-wellbeing
- For enquiries email lifelong.learning@essex.gov.uk



THE PROGRAMME

TWO-SESSION INTRODUCTORY WORKSHOPS:

Goal Setting For Wellbeing

Helps you clarify your goals in any aspect of life, helping you focus and get motivated towards working on a long- or short-term goal of your choice, to enhance your quality of life and gain a sense of achievement.

Introduction To Building Resilience

An introduction to strategies and tools to help you develop your self-resilience, identifying what is resilience and the benefits of practicing resilience in our day to day interactions.

Introduction to Mental Health

An introduction to the concept of mental wellbeing and the value of keeping well, looking at what it means to have a recovery from mental ill-health and how that journey can be started and achieved.



Managing Anxiety

An introduction to self-help strategies to help you manage anxiety with practical tools and tips to apply in everyday life. Helpful for anyone who wishes to manage their anxiety and take back control over their mental wellbeing.

Managing Sleep For Wellbeing

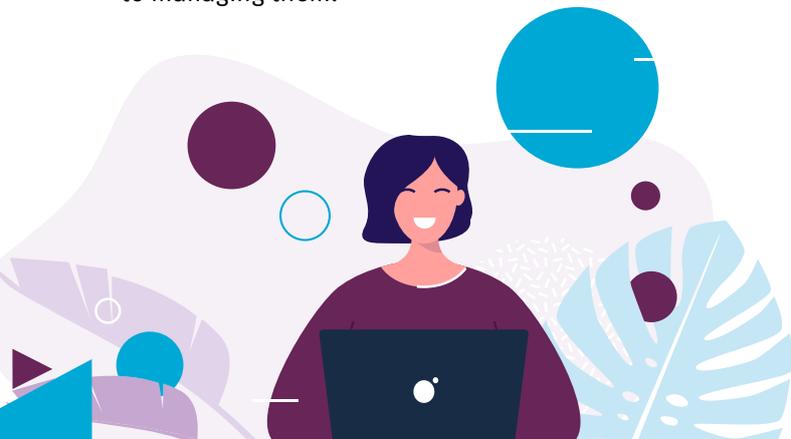
An introduction to self-help strategies to improve sleep. Sleeping well is important for our mental and physical health and many factors affect quality of sleep. On this course you will find out how to recognise sleep cycles, routines and environmental factors affecting sleep and what you can do to achieve better sleep quality.

Mental Wellbeing During Change

An understanding of how to maintain emotional wellbeing when the world around us is changing and unpredictable. Learn how to observe and identify your own fears and triggers and ways of managing them for greater levels of emotional wellbeing to help get you through.

Stress Awareness

An introduction to awareness of stress, looking at the signs of stress, and sharing some practical approaches to managing them.



SIX WEEK COURSES:

Building Self Confidence

Practical advice, strategies and techniques to improve your self-confidence, an opportunity to develop your self-awareness, assertiveness, negotiation and personal skills.

Health And Wellbeing

Enables you to identify the components of health & wellbeing; develop and build a positive approach to health and wellbeing using discussion, activities and self-reflection; establish how to maintain a healthy lifestyle whilst adapting to the current Covid-19 restrictions. The course will take place in an online classroom, with group teaching facilitated by two tutors

Positive Thinking For Stress Reduction

Practical advice, tips and strategies to help understand the mind and body relationship of stress, recognising cognitive distortions and how to engage positive thinking, develop better boundaries and communication, reducing negative stress and improving wellbeing.

Reducing Anxiety And Staying Healthy

Practical advice, strategies and techniques to help you manage and reduce anxiety. Enables you to develop helpful routines, behaviours and thinking styles in staying healthy, recognise barriers to staying healthy and identify realistic solutions or alternatives and discover activities that can be helpful in developing a sense of control and wellbeing.

Self-Care For Resilience

Enables you to boost your resilience and develop a self-care plan that nurtures and supports your wellbeing during these challenging times.

LEARNER TESTIMONIALS

“ The courses have given me guidance and tools to help support myself now and in the future. ”

“ The wellbeing courses also show the importance of human connection and sharing in the class, and even some friendships have been made. ”

“ I have gained a sense of a small community with all of you interested in these topics. ”

“ I am going to make myself a care plan, I will continue setting myself achievable goals and know the importance of looking after myself. ”

acessex.com/mental-wellbeing

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