

## Get your day off to a really good start!



An upbeat approach  
to physical and  
emotional well being.

Come for yourself, or come for someone else.

*Have you ever thought..... "I could have handled that situation better!" or "I really wish I'd done that" or even "I get so frustrated with myself when!" Yes?.... Then read on.... MoodMaster could be for you!*

### **What is MoodMaster?**

MoodMaster is a new programme which aims to provide a fun, upbeat approach to working on your emotional wellbeing. We are running courses aimed at people just like you. Come for yourself, or come for someone else, either way you will learn a number of simple, straightforward techniques that will help you to deal better with situations that cause you worry and stress, or bring your mood down, or just really wind you up.

Sessions will be held with small supportive groups and places are limited to 12 so booking is essential. Your experienced group leader, Pauline Dumville, will introduce different topics each week which may include:

- Problem solving
- Perfecting your life commentary
- Getting a good night's sleep
- How to stop worrying

**These FREE sessions will be held every Thursday  
9.30 – 10.30am starting on 28<sup>th</sup> October  
at the Tolly Centre, Warndon, Worcester**

For more information or to book your place call Andrea Cooper on 01684 312740 or email [andreac@comfirst.org.uk](mailto:andreac@comfirst.org.uk)

### **Why should I come?**

Moodmaster is upbeat, sociable, supportive and gives you some brilliant tips on leading a happier life. In the same way that you will improve your diet or incorporate an exercise programme into your life to help you lose weight, these sessions will give you an upbeat mental and emotional work out to help you to cope better with the pressures that life brings!

### **How much will it cost?**

There won't be a charge for the sessions as Wellness Works will subsidise them using funding from Worcester Community Trust. We do ask you to book in advance and let us know in advance if you cannot attend.

### **What can I expect?**

Each week we will focus on a new subject. You then have 7 days to work on it and put into practice what you have learnt. We also take time to reflect on what we've learnt and what has gone well for us, giving us a balanced view of our week. If you are not sure why not come along and give it a try? You can even bring a friend if we have the space in the group.

You can join the group at any time, so don't worry if you can't join in on 28<sup>th</sup> October, space permitting, you will be most welcome at any point.

For more information about Wellness Works and what we do visit our websites:

[www.wellness-works.co.uk](http://www.wellness-works.co.uk) or [www.comfirst.org.uk/wellness\\_works](http://www.comfirst.org.uk/wellness_works)

