

MoodMaster in Redditch



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!

MoodMaster is a unique programme which aims to provide an upbeat approach to working on your emotional and mental wellbeing. In Redditch we are running courses in conjunction with local employers aimed at people who are looking for new ways to cope with the stresses of life.

In the same way that you might follow a diet and an exercise programme into your life to help you lose weight, these sessions will give you a mental and emotional work out that will improve your mood!

Come for yourself, or come for someone else, either way you will learn a number of simple, skills and tips 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.

Moodmaster sessions are held with small supportive groups of up to 12 people at a time. At each session you will be introduced to different topics by the group leader. Topics may include:

- Problem solving
- Understanding your Emotions
- Getting a good night's sleep

Each session will focus on a set of skills for you to put into practice over the next 7 days. The next week we then review what we have learned and what we could do differently.

Wellness Works is currently able to offer places to people that live or work in Redditch free of charge thanks to funding from the Redditch and Bromsgrove Partnership.

To find out more about Moodmaster groups in Redditch, or if you are interested in running a course in your workplace, contact: Amanda Wright
amandawcomfirst.org.uk 01684 312754