

## MoodMaster in Worcestershire



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 unique programme which aims to provide a fun, upbeat approach to working on your physical and emotional wellbeing. In Worcestershire we are running courses aimed at people who are looking for new ways to cope with the stresses of life. 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.

### **When can I go to a MoodMaster session?**

Wellness Works will be starting a series of new sessions for Worcestershire in January 2011. Sessions will be held on the following dates and at the following **new venues**:

- **Wednesday afternoons: A 28 week programme starting on the 6<sup>th</sup> October until 13<sup>th</sup> April 2011 (excluding 29<sup>th</sup> December) at 4pm until 5pm at The Trunk in Bromsgrove.**
- **Tuesday evenings: A 12 week programme starts on the 25<sup>th</sup> January 2011 until and including 12<sup>th</sup> April 2011 from 6pm until 7pm at Pershore Town Hall.**
- **Thursday evenings: A 12 week programme starts on the 20<sup>th</sup> January 2011 until and including 7<sup>th</sup> April 2011 from 5pm until 6pm at Stourport Community Centre.**

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

This course will be FREE. It doesn't matter if you can only attend 1 session or all 12 as each will be a valuable experience. Of course the more you attend the more you will gain from MoodMaster.

**What can I expect?**

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

- Problem solving
- Perfecting your life commentary
- Getting a good night's sleep

Each week we will focus on a new subject. We will have 7 days to work on it and put into practice what you have learnt. Over the week we reflect on our progress, what we have learned and what we could do differently. We then discuss this when we meet up the following week.

**Why should I come?**

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!

For more information or to book your place please contact Andrea Cooper on 01684 312740 or e-mail [andreac@comfirst.org.uk](mailto:andreac@comfirst.org.uk) .

Wellness Works is part of an initiative funded by the Worcestershire NHS Primary Care Trust and managed locally by Community First. Wellness Works is a unique service for employers promoting positive mental and emotional well-being in the workplace across Worcestershire [www.comfirst.org.uk/wellness\\_works](http://www.comfirst.org.uk/wellness_works) .

