



Herefordshire and Worcestershire

# Wellbeing and Recovery College

As May brings Mental Health Awareness Week, 12<sup>th</sup> – 18<sup>th</sup> May, we are hosting a **Find out About - MoodMaster: Stress, Anxiety and Worry** one-hour online workshop on the 13<sup>th</sup> May, where you can join the team, learn all about this fantastic MoodMaster course and ask any questions that you may have about joining this online community which meets weekly. (Description and link to book below).

We are also now offering the **MoodMaster: Stress, Anxiety and Worry** course, on Tuesday mornings, beginning 20<sup>th</sup> May 9:30-10:30am. (Description and link to book below)

If you need a chat or you are not sure what you are looking for, then please join us on the Herefordshire & Worcestershire Wellbeing and Recovery College to message us or call us 0300 302 0458.

## Finding Out About - MoodMaster: Anxiety Stress and Worry Group

During this informal and relaxed 1 hour session we will:

- Welcome you and Introduce you to the Herefordshire and Worcestershire Wellbeing and Recovery College and our way of working
- Introduce MoodMaster including who it is best suited to, what it is and what it is not
- The core values used in our groups
- How MoodMaster groups work on a weekly basis including weekly observations and the topics covered each week
- An overview of the 12 topics that are covered in the Anxiety Stress and Worry course
- How MoodMaster groups benefit people.
- Questions and Answers

This session is for anyone who would like to know more about the Anxiety, Stress and Worry MoodMaster course, for themselves, or for people they support.

Tuesday 13<sup>th</sup> May 9:30 – 10:30am Online:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/finding-out-about-moodmaster-anxiety-stress-and-worry-group/>

## **MoodMaster: Anxiety, Stress and Worry (Tuesday Mornings)**

A supportive, non-judgemental and friendly group which provides an upbeat approach to managing our physical and emotional wellbeing.

Based around the idea that thoughts, feelings, what we do and how our bodies feel, are all connected, MoodMaster works by enabling us to notice and change unhelpful thoughts and behaviours. We cover a different topic each week and it's OK if you can't make every session.

This course takes place on Teams on Tuesday Mornings 9.30 - 10.30am starting on 20<sup>th</sup> May (**excluding 24<sup>th</sup> June**) in a small group.

Before starting the course, you will have a short chat with the group leader to check you're comfortable with Teams, chat about whether it's right for you just now and help you to access the course if you need it.

Course Duration: 12 weekly sessions, but you can join at any time as long as a space is available.

<https://www.hwwellbeingandrecoverycollege.org.uk/events/moodmaster-anxiety-stress-and-worry-tuesday-mornings/>

## **MoodMaster: Anxiety, Stress and Worry (Thursday evenings)**

Alternatively, if you like the look of the MoodMaster: Stress, Anxiety and Worry course but would like to attend in an evening (after work hours) then we do offer this course on Thursday's online 6:30 – 7:30pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/moodmaster-anxiety-stress-and-worry-3/>

## **Mental Health Aware - MHFA England**

This half day course is an introductory four hour session to raise awareness of mental health, that of other people, and our own as well as sharing tips on how to look after our mental health and wellbeing .

It is designed to give you:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing

This workshop is a great way to update your CPD and upgrade your knowledge of Mental Health, supporting those in your workplace. Ask your boss about taking the time to undertake this training and be 'that' person in your workplace that can step up and help others that may be struggling with their Mental Health.

Tuesday 24<sup>th</sup> June 9:30 – 1:30pm Online:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/mental-health-aware-mhfa-england-2/>

## **Cultivating Sleep and Rest**

In this interactive 2 hour online session we will explore how we sleep and why, what can happen when we don't sleep, what affects our sleep and how to build good habits that will help us to sleep better.

Course Overview:

- Welcome and Introductions
- The value of sleep and rest and how it works
- How what we do can impact on our sleep and energy levels
- What helps: tips for getting a good night's sleep
- Is it about more than sleep? Different types of rest and restoring energy
- Further support and information
- Commitment to action
- Q/A

If you want to learn tips on how to get a better night's sleep and improve your energy levels in a friendly and supportive group, this session is for you.

Tuesday 13<sup>th</sup> May 3 – 5pm:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/cultivating-sleep-and-rest-3/>

Tuesday 17<sup>th</sup> June 12 – 2pm:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/cultivating-sleep-and-rest-4/>

## **My Perfectly Wonky Life**

An online self-study course aimed at people who are recovering from significant lumps and bumps, in the road of life. Challenges with mental/physical health, loss/bereavement, gender/sexuality, career/financial, significant life changes. The programme offers new ways of thinking, and tools and techniques for managing yourself from surviving to thriving.

By far one of most popular courses with top-level feedback!

[My Perfectly Wonky Life | Courhttps://hwwellbeingandrecoverycollege.org.uk/courses-workshops/recurring-event/my-perfectly-wonky-life-50/](https://hwwellbeingandrecoverycollege.org.uk/courses-workshops/recurring-event/my-perfectly-wonky-life-50/)

## **Managing Difficult Thoughts and Feelings with EFT Tapping Techniques**

Emotional Freedom Techniques (sometimes called EFT 'Tapping') are a set of ways of turning down challenging thoughts and feelings to allow you to focus and feel better.

Difficult thoughts and feelings can mess with our mood and our day. This course offers proven techniques that can be easily learned to quieten down unhelpful thoughts or feelings. Emotional Freedom Techniques (sometimes called EFT 'Tapping') are a set of ways of turning down challenging thoughts and feelings to allow you to focus and feel better.

This is a course you can start at any time and takes place online.

<https://www.hwwellbeingandrecoverycollege.org.uk/events/2110/>

## **MoodMaster - Face to Face and Online Sessions – Join Anytime**

An upbeat approach to physical and emotional wellbeing, based around the idea that thoughts, feelings, what we do and how our bodies feel, are all connected. It works by noticing and challenging patterns of thoughts and behaviours to help us feel better. A different topic is covered each week and it's OK if you can't make every session. One of the great benefits of the MoodMaster programme is meeting up with your group on a regular basis, which has proven benefits for good mental health and wellbeing.

We have multiple sessions available for MoodMaster both Face to Face and online across multiple days. Search 'MoodMaster' on our Courses and Workshops page:

<https://www.hwwellbeingandrecoverycollege.org.uk/event-directory/>

Join us on the Herefordshire and Worcestershire Wellbeing & Recovery College to get up to date with all that we have on offer, and please share with anyone you know who may be in need of a wellbeing boost.

If you need us to chat to, find out more about what Courses and Workshops we have on offer then either give us a call on 0330 302 0458 or visit us online at

<https://www.hwwellbeingandrecoverycollege.org.uk/>