

# Course/Group title: Wellbeing and Resilience Workshop

## **Description of the course (including the number of sessions)**

The wellbeing and resilience workshop is a 10 week course, aimed at helping you to develop the confidence and skills to manage your own mental health. It includes a variety of topics that are tailored to the individuals within the group, but can include topics such as:

- Developing knowledge and belief in managing your personal health
- Developing a staying well plan
- Finding out about local resources
- How to set yourself positive goals
- Understanding your medication
- Relaxation and mindfulness skills
- Healthy eating and exercise
- How to feel motivated
- Finding out about enjoyable activities in your community
- Looking at your vocational roles
- The importance of habits and routine in getting well
- Progressing onto and accessing the Derbyshire Peer Support and Recovery Service

## **Dates & times:**

To be confirmed

## **Venue:**

Courses run at Wellbeing Hub, Bridge St, Buxton and Matlock Hub at Derbyshire Federation

## **Benefits of attending the course:**

You can develop your sense of skill and knowledge in managing your own health.

## **Available to:**

Service users of the High Peak and North Dales Neighbourhood Team, or Derbyshire Federation

## **How to book a place:**

Speak to your Care coordinator or Derbyshire Federation worker about being referred

To be included in which section: Keeping Well