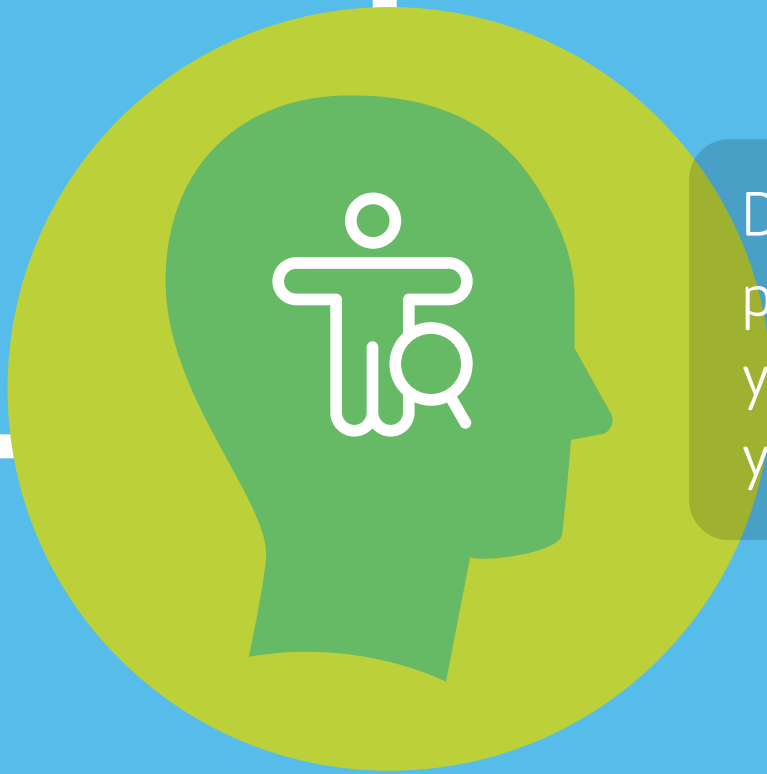


SELF-MANAGEMENT COURSE



Discover the power of physical activity to boost your mood and improve your mental wellbeing.



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MANAGING YOUR MOOD THROUGH PHYSICAL ACTIVITY



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BOOST YOUR MOOD AND MENTAL HEALTH WITH PHYSICAL ACTIVITY

Feeling stressed, anxious, or down? Physical activity is a powerful way to enhance your mood and improve your mental wellbeing. Whether it's a brisk walk, a fun dance class, or a calming yoga session, moving your body can make a world of difference.

The course incorporates principles of Cognitive Behavioural Therapy (CBT), an evidence-based approach to enhancing mental health by altering thought patterns, emotions, and behaviours. It is particularly suited for individuals experiencing mild to moderate symptoms depression and low motivation.

The focus is on understanding low mood and lack of motivation and incorporating physical activity in your day-to-day routine to improve mood. Participants will learn practical tools to enhance their well-being both now and, in the future, and this will be put into practice by attending a health walk after the group session.

What to expect in the sessions

The course is led by a Psychological Wellbeing Practitioner, who will help you develop coping strategies for your symptoms. While there is no pressure to share personal experiences, some interaction is encouraged.

- 6 weekly 60-minute sessions
- 60- minute health walk (at your own pace)
- A relaxed, informal atmosphere
- A resource pack for use during and after the course
- Success depends on practicing the skills learned between sessions

Session content

1. Understanding Low mood and the link to Physical Activity
2. Introducing Behavioural Activation
3. Cognitive Restructuring integrated with Physical Activity
4. Over coming barriers towards physical activity/motivation
5. Boost Motivation and maintaining physical activity in the long term
6. Bringing it all together- Relapse Prevention

Benefits of group therapy

- Increasing physical activity - walking is associated with improved mood, wellbeing which will reduce symptoms of depression as well as providing from numerous physical health benefits
- Walking is one of the most accessible ways to increase activity - focus on movement rather than exercise
- Moving through nature has been shown to have psychological benefits as well as possibly helping with psychological processing