

SELF-MANAGEMENT COURSE



Do you have a new baby and want to improve your wellbeing?

POSTNATAL WELLBEING COURSE



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POSTNATAL WELLBEING COURSE

This course is designed for new mums with babies under the age of one, offering support tailored to the unique challenges of early motherhood, including emotional adjustments and practical challenges.

It also provides a safe and non-judgmental space for new mums to connect with each other.

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 of anxiety, depression, or stress.

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 90-minute sessions
- A relaxed, informal atmosphere
- A resource pack for use, during and after the course
- Success depends on practicing the skills learned between sessions
- One session includes support from a Paediatric Staff Nurse - focused on improving bonding and soothing techniques for your baby.

The focus is on understanding and managing current challenges, rather than delving into past events. Participants will learn practical tools to enhance their well-being both now and in the future.

Session breakdown

1. An Introduction to Postnatal Depression & Anxiety
2. Boosting Your Mood and Motivation Through Activity
3. Identifying and Challenging Negative Thoughts
4. Tackling Avoidance
5. Addressing Anxiety, Worries and Practical Problems
6. Bringing it all together and planning for the future

Feedback from a client:



"I really enjoyed the sessions as it felt good to be part of a group and to know I wasn't going through this on my own. I feel much more confident as a new mum as a result"