

**SELF-MANAGEMENT COURSE**

Are you feeling  
overwhelmed by  
stress, low mood or  
anxiety?



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# POSITIVE STEPS STRESS MANAGEMENT COURSE



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inspired by possibility





# POSITIVE STEPS STRESS MANAGEMENT COURSE

The Positive Steps Stress Management 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.

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.

## 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

## Session breakdown

1. An Introduction to Stress, Low Mood and Anxiety
2. Combatting Physical Symptoms and Boosting Motivation
3. Improving Sleep and Confronting Your Fears by Tackling Avoidance
4. Identifying and Challenging Negative Thoughts
5. Addressing Worries and Practical Problems
6. Bringing it all together and planning for the future

## Feedback from a client:



"I was stuck unable to cope with stress and had hit a wall. The weekly groups were time for me to put me first. I took everything on board and practiced every technique and it has changed the quality of my life"