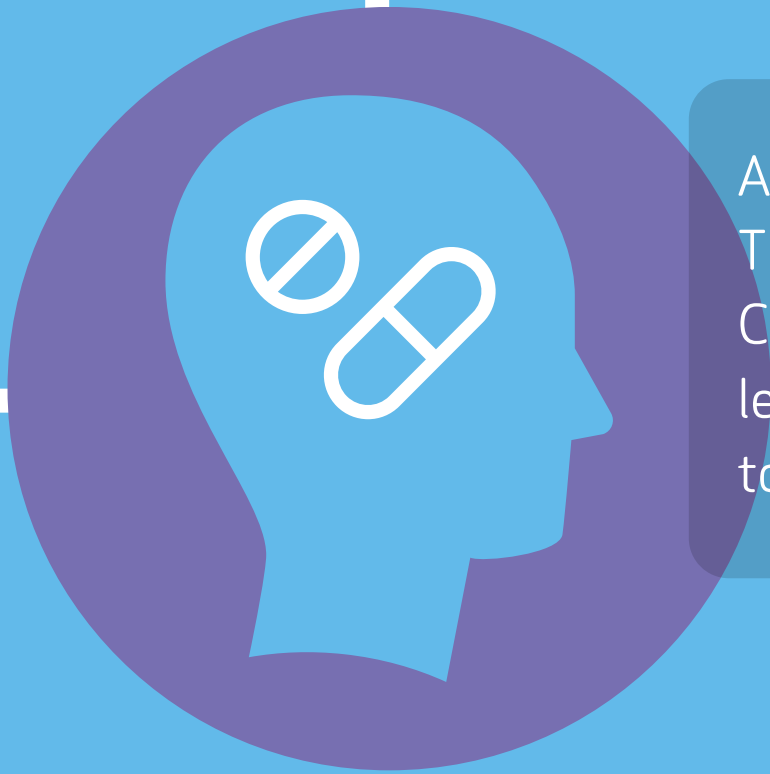


SELF-MANAGEMENT COURSE



Are you living with a Long-Term Physical Health Condition and want to learn effective strategies to manage this?



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LIVING WITH LONG-TERM PHYSICAL HEALTH CONDITIONS COURSE



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LIVING WITH LONG-TERM PHYSICAL HEALTH CONDITIONS COURSE

Living with a Long-Term Condition (LTC) can lead to anxiety and low mood due to significant life changes. This course will help you understand the link between LTCs and mental health, focusing on practical strategies to improve your well-being.

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.

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. Understanding the impact of long-term conditions on mood & quick start tips
2. Adjusting activity levels and pacing for better well-being
3. Boosting well-being: Behavioural Activation and physical activity
4. Identifying and balancing negative thoughts
5. Addressing worries and solving problems
6. Bringing it all together and planning for the future

Feedback from a client:



"The course was very helpful as it gave me lots of useful techniques to work on"