

SELF-MANAGEMENT COURSE



Are you a young person
and feeling
overwhelmed by stress,
low mood or anxiety?



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POSITIVE STEPS FOR 16-25 COURSE



**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887

**TURNING
POINT**
inspired by possibility





POSITIVE STEPS FOR 16-25 COURSE

Our Positive Steps for 16-25 course is designed to provide a comfortable environment for you to connect with peers of a similar age. It focuses on developing skills that are particularly relevant and relatable for young people.

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. 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:



"This course has really helped me. My therapist was clear and informative and the techniques help when I am anxious"

For more information, phone **01924 234 860**