

**SELF-MANAGEMENT COURSE**



Are you feeling overwhelmed by stress, low mood or anxiety and want support specifically tailored for men?

# MEN'S WELLBEING COURSE



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# MEN'S WELLBEING COURSE

This course is specifically designed for men, focusing on their unique experiences and needs. It aims to help participants manage symptoms of low mood, anxiety, and stress, while fostering a supportive environment where they can connect and relate to others in the group.

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:



"The course has made me better able to address my own issues and [I] am so glad that I attended"

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