

**NHS Wellbeing Service will be delivering an
Everyday Wellbeing Workshop at The Catalyst Centre, Gt
Yarmouth on Tuesday 14th January at 2.00pm – 3.00pm.**

The workshop looks at the signs and symptoms of stress and mental health difficulties and highlights the importance of our work/life balance and how all aspects of someone's life impacts on other aspects.

We know that many people struggle with stress, anxiety and low mood at some times in their life and this workshop helps people to think about how stress affects them, what the triggers are and what they might do to avoid/alleviate its impact on them at home and at work.

In the workshop, we look at the cognitive & behavioural model of dealing with stress and how it can help to reduce stress in all areas.

By using some simple CBT techniques we can learn to take a step back and reflect on our lives and where we can make small changes to improve how we feel.

All delegates will receive a booklet to keep, which compliments the content of the workshop and includes some handy tips for good mental health as well as information about where people can obtain further support from the Wellbeing Service, if required.

Delegates will be asked to complete a short wellbeing questionnaire when they attend as this data helps us evidence our work (this is an NHS / funding requirement) and enables us to continue to provide the workshop free of charge.

The Catalyst Centre, The Conge, Gt Yarmouth NR30 1NA

