

NHS Wellbeing Service will be delivering
Everyday Wellbeing Workshops at the **Lowestoft Library** on
the following dates at **2.00pm – 3.00pm –**

29th Jan, 26th Feb, 18th Mar, 22nd April, 27th May, 24th June

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.

Lowestoft Library, Clapham Rd South, Lowestoft, NR32 1DR

