

# **MIND YOUR FEELINGS**

(Six Weeks Course)

## **Understanding and managing depression, anxiety and stress.**

This course will leave participants feeling more able to deal with their own feelings, improve their self esteem and feel better about themselves. Coping strategies will be offered from the first week and the course will give participants a better understanding about why they feel the way they do.

- What do we mean by depression?
- Why depression anxiety and stress is so tiring
- What happens to the brain when we are stressed
- Families can suffer too
- How to make your life more meaningful
- Setting goals
- Taking back control of our lives