

# Talk Wandsworth Free Wellbeing Workshops

The Wellbeing Team at Talk Wandsworth is now offering a variety of free wellbeing workshops designed to support your specific needs. The workshops run regularly throughout the year. See more details below:

## Reaching your potential:

- Focus on personal development, increasing motivation and ways to reach and realise your full potential.
- Promote ways we can live our lives filled with happiness, creativity and fulfilment when they strive to reach their potential.
- Explore what reaching your potential means to you, what might be standing in your way to reach it and how you may be able to overcome those barriers.
- Learn various relaxation techniques from a positive psychology approach

## Relaxation and Self-Care

- Focus on methods to deal with stress and ways we can develop our own self-care skills
- Explore the 5 areas of self-care: physical, psychological, emotional, social and spiritual.
- Explore the myths around relaxation and self-care
- Learn practical methods to practising self-care and relaxation: breathing techniques, meditation, mindfulness

## Self-confidence and Assertiveness

- Focus on empowering and increasing self-confidence
- Challenge unhelpful beliefs
- Develop new skills to overcome barriers to confidence
- How to create achievable goals for developing confidence and assertive
- Explore communication styles that develop effective assertiveness skills.

## Coping with Stress:

- Discover how we respond to stress within our own lives
- Develop new tools needed to cope with both expected and unexpected stress
- Explore unhelpful and helpful coping strategies with a focus on replacing negative coping strategies for positive ones
- Learn new practical strategies to cope with stress: breathing exercises, relaxation skills, grounding techniques and mindfulness

# Talk Wandsworth Free Wellbeing Workshops

## Maintaining Your Wellbeing As A New Parent:

- Identify the joys and challenges of parenting a new born,
- Acknowledge the high demands of those early days, months or years
- Offer tips and strategies to help parents not only survive but find aspects to reflect and maybe even enjoy.
- Focus on maintaining your wellbeing as a new parent
- Exploring the importance of self-care and self-compassion in your new role as a parent

## Living well with chronic pain:

- If you are struggling with chronic pain and need support come along to our workshop.
- Here we are aiming to provide innovative methods to help cope with your pain and improve overall wellbeing.
- Not only will we provide you with knowledge on coping mechanisms it will also be a great opportunity to meet people going through similar situations.

## Overcoming Anger and Irritability:

- Focus on understanding the development of anger
- Explore a range of responses to anger triggers, the function of anger and social attitudes toward it.
- Explore methods to identify your own triggers and look into the psychology and physiology of anger.
- Learn ways we can adopt strategies to manage our anger and irritation in everyday life. We will also focus on soothing and stress reducing techniques to help better manage your anger triggers.

Book your place now using this link or scan our QR code below to take you to this site:

<https://www.eventbrite.co.uk/o/talk-wandsworth-south-west-london-st-georges-nhs-trust-16811028183>

For more information:

Call us:

020 3513 6264

Email us:

wandsworthwellbeing@swlstg.nhs.uk

Follow us:

<https://twitter.com/talkwandsworth>

