

Mindful Matters

A Seven Week Course using the 5 Ways to Wellbeing

A course run by fully qualified counselling staff

Guidance for referrers

Before you refer any participants, please check in with the following information;

- Does your client have the desire to move forward and take small steps towards change?
 - Are they able to participate in a group of 6 to 10 people?
- Are they able to complete tasks/self assigned goals related to the 5 Ways to Wellbeing, outside of the sessions?

If so, please book them on, using the link or they can refer directly.

Weekly Plan/Activities

Week 1 - Introductions
 Week 2 - Connect
 Week 3 - Be Active
 Week 4 - Keep Learning
 Week 5 - Give
 Week 6 - Take Notice
 Week 7 - Next Steps - My Wellbeing Plan

Questions for the participant

Take some time to consider - What Matters To Me?

Do you feel ready to make this commitment to your wellbeing journey?

Are there any feelings of discomfort or resistance. What barriers are there?

How can you support yourself in embracing this process?

Information for the participant

Are you feeling low or anxious? Would you like to start making some changes to your day to day life/routine?

By using the Five Ways to Wellbeing, you can plan to take small, manageable steps towards change to improve your overall health and wellbeing.

Come join us!

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