

## **Managing my stress**

The Building Resilience series aims to provide understanding of how our feelings, thoughts and behaviour interact to produce common difficulties, and learn strategies to manage these difficulties, so that participants can tackle these challenges with greater confidence in their abilities to cope and thrive.

In this session participants will be taught a model for understanding stress, have an opportunity to reflect on how stress affects them and learn practical strategies for managing stress more effectively.

The lecture is designed as an opportunity for psycho-education. There is no expectation or requirement for participants to share in small groups or in the big group, though questions and comments will be welcome. Handouts will be provided and participants will be invited to fill in their reflections on the handouts. Any notes made will be completely private and will not be seen by anyone else.

## **Managing my low mood**

The Building Resilience series aims to provide understanding of how our feelings, thoughts and behaviour interact to produce common difficulties, and learn strategies to manage these difficulties, so that participants can tackle these challenges with greater confidence in their abilities to cope and thrive.

In this session participants will be taught a model for understanding low mood, have an opportunity to reflect on how low mood affects them and learn practical strategies for managing low mood more effectively.

The lecture is designed as an opportunity for psycho-education. There is no expectation or requirement for participants to share in small groups or in the big group, though questions and comments will be welcome. Handouts will be provided and participants will be invited to fill in their reflections on the handouts. Any notes made will be completely private and will not be seen by anyone else.

## **Managing my anxiety**

The Building Resilience series aims to provide understanding of how our feelings, thoughts and behaviour interact to produce common difficulties, and learn strategies to manage these difficulties, so that participants can tackle these challenges with greater confidence in their abilities to cope and thrive.

In this session participants will be taught a model for understanding anxiety, have an opportunity to reflect on how anxiety affects them and learn practical strategies for managing anxiety more effectively.

The lecture is designed as an opportunity for psycho-education. There is no expectation or requirement for participants to share in small groups or in the big group, though questions and comments will be welcome. Handouts will be provided and participants will be invited to fill in their reflections on the handouts. Any notes made will be completely private and will not be seen by anyone else.