



**BRISTOL
WELLBEING
COLLEGE**

Wellbeing Sessions

**For Bristol based
groups**



**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

**BRISTOL
WELLBEING
COLLEGE**

Introduction

The Bristol Wellbeing College has been running since 2014 offering wellbeing sessions designed for those who have had mental health difficulties and would like to improve their wellbeing.

This brochure offers a selection of wellbeing sessions for groups that are already established around their own areas of need.

The sessions featured in this brochure all include 1hr of content with an extra 15 mins required for feedback forms, so will fit easily into a 2hr group session.

The teaching style our tutors use is very inclusive and designed to help people feel safe and supported, so they are able to share and learn together.

What will be learnt?

The benefits of sharing and communicating your experiences in a familiar environment.

Connecting with and nurturing your creative self.

Increased self-confidence.

How is it taught?

An active session involving imaginative, friendly discussions, independent written work and paired work leading to creating your own short poem.

Introduction to Writing for Wellbeing

What is the session about?

Sharing your life experiences shouldn't just be something that you do with clinical professionals. Discover a different avenue for telling your life's stories. This is about exploring your creativity, sharing your experiences and discovering how good it feels to free up your inner writer.

Who is this session for?

Anyone who feels a little nervous about writing but is willing to give it a try. This is a good session for those with low self-esteem or lack of confidence in their abilities.

Booking a session

If you are interested in one or more of the sessions featured here being taught at your group, please contact

bristol.wellbeing.college@second-step.co.uk

Please state in your email:

- Which session(s) you would like
- Who your group is and when it runs
- General mental health needs of your group
- What you would most like your group to learn from the wellbeing session.

We will then get back to you to further discuss your group's needs and possible dates for your chosen session(s).

Ways to Wellbeing

What is the session about?

How can we improve our wellbeing? In this session, we discover the Five Ways to Wellbeing (developed by the New Economics Foundation) to cultivate and maintain our wellbeing and create our own wellbeing plan.

What will be learnt?

Ideas and useful tips to help improve wellbeing, as well as completing an action plan to incorporate the five ways into your life.

How is it taught?

Individual and group activities / discussions, sharing ideas and using pictures and worksheets to explore the topic.

Who is this session for?

Excellent for anyone who would like to improve their mental health and wellbeing.

What will be learnt?

Apart from gaining a general sense of relaxation, the session offers learners a tool for life to use in moments of mental pressure.

How is it taught?

A multi-media session including videos, recordings and raisins! General discussions unravelling the misconceptions around mindfulness, followed by short mindfulness exercises and group discussions.

Introduction to Mindfulness

What is the session about?

Mindfulness is a practice that we can use to improve the way we think and feel about ourselves and others. In this workshop, we demystify the concept of mindfulness, practise some mindfulness and look at simple techniques to incorporate it into your life.

Who is this session for?

Anyone with an interest in mindfulness. It is known to help those suffering from anxiety, depression, stress and exhaustion, among others.

Achieve, Connect, Enjoy

What is the session about?

Finding balance in our lives. Using a recovery-focused tool we explore the ACE model (Achieve, Connect and Enjoy). This model helps us clarify areas in which we excel and identify any areas for improvement.

What will be learnt?

Time to consider key areas of our life and how we can cultivate them for a better balanced life.

How is it taught?

Individual and group activities / discussions, sharing ideas and using pictures and worksheets to explore the topic.

Who is this session for?

Great for anyone, particularly those who may like to reflect on their day to day life.

Stress Management

What is the session about?

Life can be stressful, so how do we cope and build resilience? Using the 'Stress Bucket' analogy, we explore some general causes of stress, recognise personal helpful and unhelpful coping strategies and explore how to develop the helpful ones.

Who is this session for?

A very useful session for those who are struggling with stress or would like to identify helpful strategies to minimise the symptoms of stress.

What will be learnt?

We all have ways for dealing with life's difficulties. In this session, we recognise those strategies which help and those which hinder our ability to cope and deal with life's challenges.

How is it taught?

Individual and group activities / discussions, sharing ideas and using pictures and a 'Stress Bucket' worksheet to explore the topic.