Emotional well-Being workshops: Starting this autumn

1. **The Healthy brain and happy hormones:S**

Today there is so much emphasis on mental ill health and our faulty thought processes, we rarely consider the health of the brain itself. In this workshop we will consider the brain in the same way that we look at our physical body, what it requires to function at its best. What can we do to help ourselves? Some basic anatomy and physiology which then helps us to better understand this poorly understood part of our body.

2. Increasing our resilience

Resilience is a topic that is frequently discussed today, especially in our post-Covid world that has tested the resilience of many. We will look at why it seems that large numbers of us, especially young people, are less resilient than the generations ahead. We will also discuss the 10 habits of resilient people, remembering that becoming more resilient is a skill that we can all develop.

3. Understanding our emotions

A fascinating topic. We will discuss the purpose of emotion, how different emotions manifest in our physical body and how to regulate dysfunctional emotions.

4. Self-Agency and how to be a better Captain of your own ship

Again, a fascinating topic. Often it seems that today everything is considered to be someone else's fault or up to someone else to sort out for us. Life is so much better and our emotional well-being is stronger when we have good self-agency. What characteristics do people with high levels of agency have?

All four workshops are informal, discussion and questions welcomed. They will be 90 minutes long and will incorporate practical skills such as breathwork, mindfulness and gentle stretches throughout, suitable for anyone. They will run weekly, you can attend as many of them as you wish, I will also be running a weekly relaxation class where we can continue to practice the skills taught during the workshops.

Please contact me for more information or to book your place

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