

Psychology in Healthcare wellbeing classes 2019

Psychology in Healthcare offer a range of classes for people who experience distress alongside a physical health condition. You may also be a member of staff or looking after someone (e.g. your child, spouse, parent) with a health problem, which is resulting in stress or low mood for either you or them. Many people experience a combination of low mood and stress/worry and may find attending all these classes helpful. A description of each class is provided below. You may attend all classes or those most relevant to you. Classes in **2019** are run in batches in the order presented below. You may attend the next available batch or choose the most convenient classes for you and attend as many as required in any order. You may also attend classes more than once.

Class 1. Introduction to stress, anxiety and relaxation training: Thursday 17 January, 9 May, 26 September

Examining what stress is and how it affects our bodies. This includes practical skills in a range of relaxation strategies giving you the opportunity to practice feeling more relaxed.

Class 2. Managing uncertainty and worry to tackle stress and anxiety: Thursday 31 January, 23 May, 10 October

Having a health condition can be unpredictable leaving life feeling uncertain at times. This class looks at the 'thinking' part of stress and anxiety, what worry is, when it can be a problem and how to manage it.

Class 3. Introduction to low mood and adjusting to a health condition: Thursday 14 February, 6 June, 24 October

Health conditions can cause big changes to people's lives, resulting in people feeling less able to do things they used to enjoy. This can lead to isolation and a drop in mood. This class focuses on what low mood and depression are and the process of adjustment many people experience.

Class 4. Improving low mood using activity and pacing: Thursday 7 March, 20 June, 7 November

This class examines the link between depression and activity and how to improve mood through making realistic changes to our activity.

Class 5. Managing thoughts and thinking to improve low mood: Thursday 28 March, 4 July, 21 November

When low in mood our thinking changes and can become more negative. This class examines thinking patterns associated with low mood and how to change them.

Class 6. Getting a better night's sleep: Thursday 18 July, 5 December

Poor sleep can have a negative impact on mood. This class examines poor sleeping patterns and gives strategies to help improve sleep.

All classes run from 11:00 – 12:30 in the MediCinema, (Level 2 of the RVI New Victoria Wing). Please attend 10 minutes before the starting time to complete paperwork. At the classes, you **do not** need to discuss things if you do not want wish to, however you may offer comments or questions. You can also bring a family member/friend along with you if that would help you.

Contact **Helen Aylott** or **Pam Boullin** in **Health Psychology** on **0191 282 4081** for details or to book a place. Alternatively, please come along on the day.

