



Getting the balance back

Course Overview

This course is for anyone who is feeling out of balance and stressed. The aim of the course is to provide a structured space to explore how well we look after our mental wellbeing and learn some CBT techniques to reduce stress and improve mood.

Section 1: Exploring triggers and symptoms of stress. Introduction to getting things back into balance and building resilience.

Section 2: Exploring the impact of stress on lifestyle and thoughts, with techniques to help manage and improve wellbeing.

Section 3: Managing difficult situations.

Recognising and managing worry.

Problem solving practical issues and overcoming procrastination.

Exploring the impact of stress on our communication.

This course is offered by

Bristol Wellbeing Therapies

How to book onto this course

To request a place on this course complete our online form. Please state that you are interested in a getting the balance back course and specify when and where you could attend. We are only able to accept referrals from people who are registered with a Bristol GP surgery.

Once we have received your form we will contact you by email or post. We will use the information you provide to help us decide if a course is a good choice for you. If we're unsure we may invite you to speak to one of our team. Please be aware that this process may take several days.

Please note that your place on the course is not confirmed until you hear from us with the details.