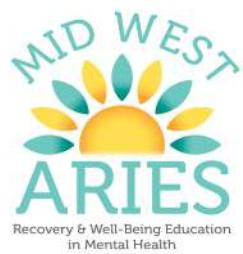


Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



April 2023



Tues. April 4th

2.00pm-4.00pm

Pt. 1 Exploring Self Care



In this workshop we explore how we can build our resilience through the practice of simple daily self care routines. We will explore what self care looks and feels like, the barriers to practicing self care and why it is important to support our wellbeing.

Weds. April 5th

10.00am-12.00pm

Pt. 2 Building My Self Care Toolkit



In this second workshop we will explore how we can look after our **Physical** and **Emotional** health. Using worksheets as prompts we will start to build our own personalised Self Care Toolkit to fit our own unique needs and self care goals.



Thurs. April 6th

10.00am-12.00pm

Pt. 3 Building My Self Care Toolkit



In this final workshop we will explore how we can look after our **Social** and **Intellectual** health. By exploring these two wellness dimensions we will then complete our own personalised Self Care Toolkit.



Tues. April 11th

2:00pm-4:00pm

Pt. 1 Exploring Anxiety



In this workshop we explore our understanding of anxiety. We discuss a range of topics including "what is anxiety?", "what causes anxiety?" and "is anxiety normal?"



Weds. April 12th

10.00am-12.00pm

Pt. 2 Managing Anxiety



This second workshop in the series focuses on managing anxiety. We explore practical tips and tools that you can put into practice when anxiety strikes. In particular we will discuss who or what can help when managing anxiety.



Tues. April 18th

2.00pm-4.00pm

Let's Talk Resilience



In this workshop we will discuss our understanding of resilience and why it is important for our mental health and wellbeing. We will explore personal tools and strategies that can help to develop and support our resilience now and in to the future.

Tues. April 25th

2.00pm-4.00pm

Creativity for Wellbeing



In this workshop, we will discuss how we can each tap into our creativity to enhance our daily lives and improve our wellbeing. We will explore how creative activities can support mental health and how we can overcome barriers to creativity. Includes a Creativity Planner.



"Taking part in this workshop was healing for me."



"Really love this! I feel less lonely."



All of our workshops are **free** to attend.

Our workshops are for anyone (aged 18 and over) with an interest in mental health and wellbeing.

All of our workshops are co-produced. This means that the topics are created by people with lived experience of mental health challenges, people using the services, family members and service providers.

All online workshops are 2 hours in duration.



SCAN ME

BOOK NOW ON EVENTBRITE

<https://midwestaries.eventbrite.ie>

For More Information Contact:

Margaret Keane | margaret.keane9@hse.ie