

## East Kent

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# Coping with Change

Many people spend a great deal of time and energy trying to avoid change, but the reality is we experience change in every area of our life, even if we don't expect to.

If you can learn to cope with life's changes, you'll lower your risk for anxiety and depression; you will be more positive in your approach to work and relationships, and have more control over decisions you may face with your physical and mental health.

During this workshop you will have the chance to find out how adaptable you are; and where you might be resistant to change. Using the Cycle of Change model we will identify how to break the circle of denial and move forward with positivity.

The workshop promotes the use of cognitive coaching and self-reflection to increase your ability to be more open to change. With peer support group discussion, group activities and exercises you will be able to explore ways to create healthier practices to deal with change and will learn how to incorporate this into your daily life.

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