

East Kent

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DEALING WITH UNCERTAINTY

At the moment, we are experiencing very uncertain times and we know that uncertainty is a major cause of anxiety and stress. Living with uncertainty can keep you stuck and has a major negative impact on your mental health.

This workshop helps you to look at how you react to uncertainty, and gives tips on how to build your tolerance for unexpected events.

Participants will be required to provide examples of their own uncertain events from the past to use as self-reflection, and using worksheets and peer support group discussion, we will look at current uncertainties and put forward suggestions to move forward with less fear.

This workshop promotes the use of cognitive coaching and self-reflection to increase your ability to identify your feelings and behaviours associated with different levels of uncertainty.

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or book online at: eastkentmind.org.uk