
East Kent

Affiliated to Mind in Bexley Limited | Company No. 05393807 | Registered Charity No. 1110130

Positive Thinking

Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way; you think the best is going to happen, not the worst; you look for the good in a bad situation.

During this workshop you will have the chance to recognise and acknowledge your own positive strengths, characteristics, traits and skills. This will help increase your happiness and wellbeing, improve your confidence and self-esteem, improve your coping skills and decrease feelings of helplessness.

The workshop promotes the use of cognitive coaching and self-reflection to increase your ability to be more self-aware and positive with your thinking. It will help you identify any negative patterns of thinking and how to manage these. With discussion, participation in peer support group activities and exercises you will be able to explore how to incorporate what you learn into your daily life to take small steps towards increased positive thinking for a better life.

Email: info@eastkentmind.org.uk or call 0795 060 8827
or book online at: eastkentmind.org.uk