

East Kent

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

Six Ways to Wellbeing

The 6 Ways to Wellbeing are a set of evidence-based public mental health messages aimed at improving the mental health and wellbeing of the whole population.

This 6 Ways to Wellbeing workshop helps to develop an understanding of how to build on your strengths and to increase your resilience in order to meet the challenges we all encounter from time to time.

During the workshop you will identify a range of simple actions that are strongly linked to people feeling happier and more satisfied with their lives.

The workshop promotes the use of cognitive coaching, self-awareness and self-reflection to enable you to take actions that will build up your health and wellbeing. Discussion, participation in peer support group activities and exercises will give you the opportunity to explore how to incorporate the six ways to wellbeing into your daily life to enable you to take small steps to living well.

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or book online at: eastkentmind.org.uk