



re:reset

free
workshops

Get Life back on Track

Join our **FREE July RE:SET workshops**. It's a chance to learn easy tips & tricks to help you get life back on track.

Who is it for?

Everyone can benefit from the workshops. They're really good if you're looking for simple things you can do right away to help with anxiety, negative thinking and how to take the best care of yourself for a future you deserve.

What will I learn?

We'll cover a whole range of wellbeing areas. You'll learn how to;

- Reduce and manage anxiety
- Manage negative self-talk
- Make better choices for your wellbeing
- Look after yourself
- Eat better, sleep better and worry less
- Find your strengths and use them
- Set meaningful goals

When ?

Weds 15 July

1pm-3pm

For 6 weeks online

Where ?

The workshops are all online via video call, it's really easy to join in.

How to book ?

Find out more and book online:
www.chaptermentalhealth.org/reset/

Or for more information call:

01244 344 409