



## Self-Management Workshops

Funded through the Open Mental Health Network and delivered by the WATCH Project



---

The Self-Management Workshops take place over 8 weeks. The sessions run weekly and are 2 hours long with a 10-minute break half way through. The workshops are delivered in an informal, relaxed, and friendly manner. Learning takes place through a mix of activities, presentations and gentle discussions.

We appreciate that attending a training course can be quite an anxiety provoking experience and therefore encourage attendees to participate at their own pace. No one is ever pressurised to join in; sitting back and listening is also very welcomed. We begin with a group agreement so that everyone feels comfortable and familiar with how the course is run, with reflection on respecting each other's opinions and individual needs.

The workshops are a welcoming, safe space, where thought-provoking conversations can be had. It's a place where a lot of learning can happen through the simplicity of sharing experience and personal insights. Attendees will also learn a whole host of self-management tips and skills to help with their personal health and wellbeing. The solution focused workshops cover practical tools that can have real life impact on one's path of recovery.

We encourage attendees to have fun and connect with others on the course. There is the potential to build strong relationships, which can lead to the formation of supportive peer groups. We offer our Peer Group Training as a next step which enables individuals to form, run and manage their own peer group providing on-going continuous support outside of an organisation. We also discover what's out there in the community, encouraging attendees to find what helps and works for them as individuals. Throughout the course we encourage the integration of what has been learnt in the workshops into real life through the practical application of tools.

The Self-Management workshops are funded by Somerset County Council, as part of the [Open Mental Health](#) Network, and are delivered by two facilitators on behalf of the [WATCH](#) project.

---

<b>Session No.</b>	<b>Topics Covered</b>	<b>Aims &amp; Objectives</b>	<b>Outcome</b>
<b>1.</b>	⇒ Overview of the course and introductions ⇒ 5 Ways to Wellbeing	Meet the group and discover what we'll learn in the course. Learn the 5 ways to wellbeing.	Adopt new healthy habits that support your health and wellbeing.
<b>2.</b>	⇒ Inner blue sky ⇒ Setting a goal ⇒ Our roles & strengths ⇒ Identifying basic needs	Learn how thoughts & feelings come and go. How can we make goals more achievable? Remember who we are in the face of change and difficulty.	Be less identified with painful thoughts and emotions. Achieve a small goal & what is needed to get there Be more aware of your strengths
<b>3.</b>	⇒ Motivation ⇒ Innate wellbeing – our inner diamond ⇒ Creating routines & structure	Learn what keeps us motivated. Learn what distracts us from our own innate wellbeing. How can routine & structure help.	Use motivation to keep working towards your goal. Be more aware of what negatively impacts you & know how to stay well
<b>4.</b>	⇒ Identifying our triggers ⇒ Managing life's ups and downs	To learn what triggers are, both good and bad. To learn what helps and supports us when we are triggered.	Become an expert in your triggers. Know how to resource – discover what is in your community that can support you.
<b>5.</b>	⇒ Early warning signs ⇒ Coping thoughts & strategies ⇒ Mindfulness & Self-Compassion	To identify how we automatically react to difficult situations. Learn how to find better, more helpful alternatives. Learn how to be more present and kinder to yourself.	Notice when your coping strategies have become unhealthy/unhelpful and switch to more positive and healthy ones. Be more present, and get more joy out of the smaller things in life. Adopt a kinder attitude and relationship to oneself.
<b>6.</b>	⇒ Mood diary ⇒ My keeping well plan ⇒ Wellbeing toolbox	Learn how a mood diary is a tool for self-reflection, making thoughts and feelings easier to manage. A plan can help us stay well and learn what we can do when not feeling well.	Keep a mood diary and development more self-awareness. Keep a well-being plan and stay on top of self-care. Put together a toolbox of items that lift your mood.
<b>7.</b>	⇒ Review of the range of wellbeing tools ⇒ Gratitude	To recap what's been covered so far in the course. Learn how to develop a gratitude practice and how it makes us feel.	Reflect on what tools have worked for you and what hasn't been so helpful. Keep a gratitude journal or gratitude jar to develop more appreciation, changing mindset.
<b>8.</b>	⇒ Support Circles ⇒ Peer Group speaker ⇒ Next steps options Feedback	Highlight the circles of support we already have in our lives. Find out what's next after the course. Peer Group Training and forming your own peer group.	Know who you can trust in your life and who you can rely on. Know what's out there in your community that can support you. Attend the Peer Group Training and form your own peer group providing ongoing support.