

Wellness Taster Sessions

One off sessions to help you improve your mental health and wellbeing.

Understanding Your Nervous System

Wednesday 21st February 2024

A basic introduction to understanding what happens in our body when we feel anxiety and how we can begin to manage and reduce the unpleasant effects.

The Power of the Breath

Monday 4th March 2024

Our breathing is something we very often do not think about. Our body takes care of this most of the time. However, when we are stressed, anxious or panicky we can feel that our breathing is out of control. This session looks at learning practical tools to help restore our inner calm.

Improving Your Sleep

Wednesday 6th March 2024

Good sleep is so important to our wellbeing. Many different things can impact the quality of our sleep. This session will look at introducing sleep hygiene and give you practical steps you can put into place to aid a better night's sleep.

Introduction to Adverse Childhood Experiences

Monday 11th March 2024

What does it mean and what is the impact of having adverse childhood experiences? What does it mean when services say they work in a trauma-focused way? This session will allow you to learn about research of ACES, and what can we do to combat the impact of ACES.

Rediscovering Your Creativity

Wednesday 20th March 2024

Get in touch with your creative self, no prior experience necessary. This is about discovering the fun and healing power of creating.

Introducing Journaling

Wednesday 27th March 2024

What is journaling and what is it good for? What are the pros and cons? How do you start? What if you hate writing? Journaling can be a very useful and powerful tool for our wellbeing. We will look at both traditional and non traditional ways to consider using this self-help strategy.

Introducing Action For Happiness - 10 Keys for Happier Living

Monday 8th April 2024

Learn about the science behind happiness and how can we increase our feelings of happiness in our lives and those around you.

Improving Self Esteem and Confidence

Wednesday 10th April 2024

Are you feeling happy within yourself? Have you lost confidence or feel you maybe never had it? Do you speak to yourself negatively and critically? Maybe you struggle to express your views? Together we will look at ways you can raise your self-esteem so in turn you can feel more confident.

All sessions 1pm - 2:30pm in The Wellness Centre.

For bookings and enquiries email wellness@blackburnehouse.co.uk or call 0151 709 4356