


▶ Wellbeing for Life

Information leaflet

This course is designed to support you to understand and look after your mental and physical health.



The Wellbeing for Life course is designed to support you to understand and look after your mental and physical health.

The course gives you the opportunity to learn new coping skills to support your wellbeing.

Through attendance at the course, you will be able to develop your own Wellness Recovery Action Plan (WRAP) that you can take away and continue to use.

How do I know if it is for me?

This course is designed for people who want to have a better understanding of their mental and physical wellbeing and be able to put the learning from the course into practice.

If you would like to attend you need to be:

- Willing to try new things in sessions and at home.
- Able to commit to attending all of the sessions.

If you are not sure if the course is for you, you can speak to one of the team and ask any questions you may have before you agree to be referred.



Just give us a call on [0114 226 2660](tel:01142262660) and ask to speak to a course facilitator.

What should I do if I'm interested in attending?

If you would like to attend the Wellbeing for Life course you need to discuss it with your GP or mental health worker. They will need to refer you to the course.

When we receive your referral we will offer you an enrolment appointment.

This will give you an opportunity to meet the team and ask any questions you may have.



Wellbeing for Life

The course runs for seven weeks, with each session lasting around two hours.

Week one - Believing in recovery

The first week will discuss the concept of recovery and explore what recovery means to you. We will also introduce the Wellness Recovery Action Plan (WRAP) and how this could help you moving forward.

Week two - Overcoming low mood

This session looks at what low mood is and how it can affect you. It will support you to learn ways of using simple exercises that can help manage your mood.

Week three - Understanding anxiety

This session will help you to improve your understanding of what anxiety is and to learn simple exercises to help manage anxiety.

Week four - Physical health and wellbeing

This session will help you to develop knowledge and understanding of how eating habits, physical activity and good sleep hygiene can improve your health.

Week five - Storying

This session explores how we all have stories that reflect who we are which are not solely defined by the problems we struggle with.

Week six - Managing emotions

This session will help you to understand what emotions are, why we have them and develop ways to cope with overwhelming emotions.

Week seven - Stress and self care

This session will help you to understand how stress affects our mental and physical wellbeing and also looks at tools and ideas to you develop strategies for self care.

Short Term Educational Programme

The Short Term Educational Programme, also known as STEP, offers courses for a range of mental health problems.

All of our courses are carefully designed and facilitated by experienced staff, alongside volunteers and experts by experience.

Get in touch

Our courses run at various times throughout the year.

If you would like to find out more about one of our courses you can get in touch with us using these contact details:

Address

Short-Term Educational Programme
Fourth Floor
The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Telephone

0114 226 2660

Website

To find out more visit www.shsc.nhs.uk/step