**Stroke Wellbeing Group -**

**Anxiety and low mood after a stroke**



**Outline of the sessions:**

**Session 1:** What is anxiety and low mood? Introduction to Cognitive Behaviour Therapy

**Session 2:** Increasing activity levels

**Session 3:** Facing your fears

**Session 4:** Thought challenging

**Session 5:** Problem solving

**Session 6:** Maintenance – wellbeing plan

**Dates:**

* 18th March
* 1st April
* 8th April
* 15th April
* 22nd April
* 29th April

**Time:**

2pm – 3.30pm

**Time:**

10am – 12pm

***What can you expect from the group?***

You can expect a supportive, non- judgemental environment which is facilitated by an experienced health professional. We understand that a group environment can be a scary environment for many, therefore in the group there is no pressure to speak if you do not feel like it. The group provides an opportunity to meet other people experiencing similar difficulties to you.

**This group aims to:**

* Explore the impact of a Stroke on our daily lives
* Explore coping methods to utilise everyday
* Explore thinking traps and problem solving
* Help you to set realistic goals and learn how to pace activities so that you can live a life more in tune with what is important to you

**For more information please contact:**

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