

Being Well Service

Our Being Well service is specially designed to support adults, at home via an online platform. The service is open to all Birmingham residents, over 18, currently only accessing primary care services.

To register for your **FREE** place on any course, simply email

beingwellservice@birminghammind.org
and leave your contact details or call our

Helpline on **0121 262 3555**

All courses will be delivered via Zoom



See our latest timetable on our website



Being Well Service Timetable

Our Being Well service is specially designed to support adults, at home via an online platform.

The service is open to all Birmingham residents, over 18, currently only accessing primary care services.

Course	Expected Outcomes	Dates	Time
Mindfulness (8 week course)	*Learn about Awareness & Automatic Pilot	Tuesday 30th March 2021	6:30pm — 8:30pm First session only 6:30pm—7:30pm thereafter
	*Discuss about Living in Our Head	Tuesday 6th April 2021	
	*Learn how to befriend our emotions and allowing and letting be	Tuesday 13th April 2021	
		Tuesday 20th April 2021	
	*Learn meditation practices, mindfulness of the breath, mindfulness of the body, mindful movement and mindful eating	Tuesday 27th April 2021	
		Tuesday 4th May 2021	
	*Learn new mindful breathing techniques	Tuesday 11th May 2021	
	Tuesday 18th May 2021		
Anxiety Management (4 week course)	*An introduction to anxiety and what anxiety means to you.	Thursday 8th April 2021	6:00pm — 7:30pm
	*Discovering the common causes of anxiety, negative beliefs and how to manage the vicious cycle.	Thursday 15th April 2021	
	*Learning how to accept uncertain situations and looking for ways to change negative thoughts and perceptions.	Thursday 22nd April 2021	
	*Exploring ways to gain control back and developing tools to help maintain a more balanced lifestyle.	Thursday 29th April 2021	

Being Well Service Timetable

Course	Expected Outcomes	Dates	Time
Building Better Resilience for Stress and Anxiety (4 week course)	<ul style="list-style-type: none"> *Discuss the qualities of a resilient person and what we can do to build resilience *Gain an understanding of how stress works, our own triggers for stress, the short- and long-term impacts of stress *Learn a breathing and grounding meditation will be introduced to help to 'come down' from stress and rebalance. *Will look at how the mind works and how mindfulness can support us to see 'that thoughts are not always facts.' *Learn to re-programme ourselves to respond from a place of positivity and awareness 	<ul style="list-style-type: none"> Monday 12th April 2021 Monday 19th April 2021 Monday 26th April 2021 Monday 5th May 2021 	<ul style="list-style-type: none"> 1:00pm — 2:30pm
Anxiety Management (4 week course)	<ul style="list-style-type: none"> *An introduction to anxiety and what anxiety means to you. *How our thoughts can worsen our anxiety levels and how to transform unhelpful thinking patterns. *Why anxiety takes over, how to break the vicious cycle of anxiety, and manage your anxiety levels. *Reflection, Discussion and creating a personal action plan to help you to manage your anxiety and keep well in the future. 	<ul style="list-style-type: none"> Saturday 8th May 2021 Saturday 15th May 2021 Saturday 22nd May 2021 Saturday 29th May 2021 	<ul style="list-style-type: none"> 10:0am — 12:30pm

Being Well Service Timetable

Course	Expected Outcomes	Dates	Time
Yoga for Wellbeing (4 week course)	<p>Learn about the benefits of yoga for better mental and physical health</p> <ul style="list-style-type: none"> *Learn Yoga poses to create mental clarity and calmness *Learn how to relieve stress by practicing yoga *Increase your body awareness *Increase your body flexibility 	<p>Monday 10th May 2021</p> <p>Monday 17th May 2021</p> <p>Monday 24th May 2021</p> <p>Monday 31st May 2021</p>	<p>6:00pm—7:00pm</p>
Relaxation Sessions (Individual workshops)	<p>You will learn new relaxation techniques to</p> <ul style="list-style-type: none"> *Reduce stress *Improve sleep *Improve wellbeing 	<p>Thursday 15th April 2021</p> <p>Thursday 22nd April 2021</p> <p>Friday 21st May 2021</p> <p>Friday 28th May 2021</p>	<p>4:00pm—5:00pm</p>