

A-Z Innovation Recovery Mental Health and Wellbeing Courses 2022

Name of Course	Page
Building a Healthy Self-Esteem through Nature	3
Building a Healthy Self-Esteem	3
Building & Strengthening Your Resilience	3
Creativity for Wellness	3
Coping with Change	3
Coping with Christmas	3
Coping with Loneliness	3
Daily Maintenance Planning	4
Discover the Recovery College	4
Finding Hope after Bereavement	4
Finding Joy through Gratitude	4
Five Steps to Wellbeing	4
Getting a Good Night's Sleep	4
Hope and Optimism	5
Introduction to Managing Stress	5
Introduction to Menopause	5
Learning to Like Yourself	5
Living with Bipolar	5
Managing Setbacks	5
Mindful Sleep	5
Maintaining My Wellness	6
Managing Life after Lockdown.	6
Mindfulness	6

My Wellness Toolbox	6
Recognising and Strengthening Your Resilience	6
Relaxation for Wellness	6
Physical Activity for Wellbeing	6
Practicing Self-Care	6
Self-Care for Carers	7
Setting S.M.A.R.T Goals	7
Steps to 'appiness: Apps for Beginners	7
Top Tips for Anxiety	7
Top tips for Motivation	7
Wellness Toolbox	7
WRAP(Wellness Recovery Action Plan)	7
Understanding & Managing Anger	8
Understanding & Managing Anxiety	8
Understanding & Managing Depression	8
Understanding & Managing Medications	8

A-Z Innovation Recovery Mental Health and Wellbeing Course 2022

Building a Healthy Self-Esteem through Nature

When we have a healthy self-esteem we are much better able to cope with the trials and tribulations of life and when our self-esteem is low we find that everything can become much more difficult and challenging. This course looks at what causes a low self-esteem and how to change this through goal setting; using nature to support this. It also looks at what a healthy self-esteem looks like and the benefits of improving your self-esteem. The course focuses on the best ways to maintain a healthy self-esteem using the skills and knowledge gained.

Building a Healthy Self-Esteem

This course will empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.

Building & Strengthening Your Resilience

This course explores what resilience is; what builds and breaks it; and what your default resilience strategies might be. It will also provide you with tools and techniques to help you build and strengthen resilience

Creativity for Wellness

Creativity has been proven to have many positive effects both on our physical and mental wellbeing. Creativity is not something that is unattainable and can be developed by anyone. This course demonstrates this as well as explaining the many benefits that can be attained from using your creativity.

Coping with Change

This course explores our responses to change, and provides tips on how to develop personal coping strategies for managing change in a positive way.

Coping with Christmas

This workshop will gift you with tips and hints on how to manage all that Christmas brings and explores ways to mind your mental health over the festive season.

Coping with Loneliness

This course aims to increase our understanding of loneliness and its consequences, with practical tips to help you overcome feeling lonely.

Daily Maintenance Planning

Daily Maintenance Planning- this workshop will introduce and explain the structure of a daily maintenance plan and how you might incorporate a daily maintenance plan into your life. Daily maintenance planning includes a personal daily plan of activities that you create to bring structure and purpose to your day to support your wellness.

Discover the Recovery College

Mental wellbeing is fundamental to a strong recovery and keeping ourselves well. This course will introduce you to the Innovation Recovery College and its key principles; and will explore the key drivers of recovery known as CHIME. Connection, Hope, Identity, Meaning and Empowerment.

Finding Hope after Bereavement

Coping with bereavement can be one of the most difficult journeys we have to take in life. Understanding how bereavement can impact on us is important in helping us to make sense of our grief and to be able to cope with our loss. This course aims to help us get a better understanding of grief and bereavement, suggests ways of coping and outlines the support that is available locally.

*** Please note that this course may not be suitable for those people who are recently bereaved. If you have had a recent bereavement and would like support please contact us and we can give you information on local organisations that can help***

Finding Joy through Gratitude

When we are able to use gratitude to find joy in our lives, it helps to enrich our daily living experience. This course demonstrates the techniques and skills to show you how to practice gratitude on a daily basis. This enhanced with relaxation enables you to be grateful for the small things in life. When we become more grateful for all the things in our lives then we begin to feel more joy in our lives.

Five Steps to Wellbeing

The Five Steps to Wellbeing workshop covers a set of evidence-based steps that will help improve personal wellbeing. It will introduce and explain the five steps to wellbeing and then discuss, explore and plan how you might incorporate these steps into your daily life.

Getting a Good Night's Sleep

Sleep is essential to our general health and wellbeing and poor sleep can lead to difficulties coping with daily life, and affect our health and wellbeing. If you are someone who struggles to get to sleep or wakens in the middle of the night and can't get back to sleep this course will provide you with some useful tips to help you learn various strategies that can be used to help you have a good night's sleep.

Hope and Optimism

Hope is something that keeps everyone going through difficult times, it is the light at the end of the tunnel. We all need to have some hope and optimism in our lives as it encourage us to keep moving forward even when circumstances are very difficult. This short course demonstrates how and why we can lose hope as well as the importance of having hope and optimism. It also provides tips and skills on how to manage and use different tools to regain your hope and optimism.

Introduction to Managing Stress

This course aims to raise your awareness of stress and its causes, and will help you learn how to take the appropriate steps towards managing your stress levels positively.

Introduction to Menopause

This course aims to increase understanding of the symptoms, causes and stages of Menopause. It offers information on treatments and support available to help you manage Menopause.

Learning to Like Yourself

People who experience low self-esteem frequently view themselves in a negative way and this can have a major impact on their lives. Understanding the importance of liking yourself and learning how to improve self-esteem is one of the most important building blocks of recovery. This course aims to explore some of the causes and underlying issues of having low self-esteem. It also looks at strategies and techniques that can help you maintain a more positive view of you.

Living with Bipolar

This course aims to increase understanding of Bipolar Disorder and offers self-help tips to help you manage bipolar disorder, cope with its symptoms and prevent relapse.

Managing Setbacks

This workshop will explore what a setback is, help identify triggers and early warning signs that may lead to a setback and help identify techniques and steps you can take to manage setbacks in order to help reduce or future proof yourself for when events happen.

Mindful Sleep

Good sleep doesn't just mean lots of sleep; it means the right kind of sleep. At bedtime the mind has a tendency to get caught up in racing or worrying thoughts when we suddenly stop and be still. This course explores the benefits of taking a mindful attitude towards sleep, teaching you how to anchor yourself by drawing your attention to your breath, focusing on being in the present moment. This course will introduce a variety of simple techniques to help start calming and slowing down a busy mind and body enabling you to relax into bed so that the mind can gently slip into a peaceful sleep. The course finishes with a relaxing guided body scan.

Maintaining my Wellness

Wellness matters as it impacts all areas of our lives. This course offers the opportunity to explore what wellness is; why it is so important and what you can do to reach your optimal level of wellness.

Managing life after lockdown

This course explores the thoughts and feelings you may have experienced during lockdown and provides helpful tips for moving forward.

Mindfulness

This course enables you to practice Mindfulness through breathing methods, guided imagery and other practices to relax the body and mind.

My Wellness Toolbox

This course will help you to explore different wellness tools and support you to develop your own Wellness Toolbox. A Wellness Toolbox could include a list of all the skills you have used in the past or could use to help yourself stay well. The course also focuses on strategies that you could use to help yourself feel better when you are not doing well.

Recognising and Strengthening Your Resilience

When you are able to recognise your own areas of resilience you can then build and strengthen them. This course gives guidance in recognising and strengthening your resilience using techniques and skills found to be effective in practice. Research shows those who develop and build their resilience are more effective at managing the challenges of daily life.

Relaxation for Wellness

This is a course to help participants understand that relaxation has many benefits for our health and wellbeing. It explains why we need to take the time to learn relaxation techniques as well as providing guided practical demonstrations of how this can be done. This gives the learner the opportunity to practise relaxation techniques for themselves so they are able to incorporate them into their daily routines.

Physical Activity for Wellbeing

This course explores the links between exercise and improved mood; and offers tips for building activity into your day.

Practicing Self-Care

This course explores the culture of self-care; its value and benefits; and suggests ways in which it can be incorporated into your daily life.

Self-Care for Carers

This course offers Carers an opportunity to explore the experiences and feelings associated with their caring role; and aims to increase knowledge of self-care, its strategies; and where to access further support.

Setting S.M.A.R.T Goals:

The course will support you to set effective goals through SMART (Specific, Measurable, Achievable, Realistic, Timely) practices.

Steps to 'appiness: Apps for Beginners

There are hundreds of apps and other digital resources out there to help support us in learning about and managing our mental health. It can be overwhelming trying to figure out which are good and how to use them. This course is for individuals new to apps and wanting to build their confidence in using them. The 30 minute course aims to introduce a range of quality apps and identify how to safely access apps and digital resources. This will enable you to build your own collection to support positive mental health.

Top Tips for Anxiety

Anxiety is a normal part of everyday life but it becomes a problem when it is frequent, overwhelming and stops you doing the things you would like to be able to do. In this course you will discover the links between your thoughts, feelings and behaviours, by firstly understanding what anxiety is, what causes it and what keeps it going. The course will provide you with some simple strategies and top tips to help you understand and manage your anxiety. At the end of the course participants are invited to experience a short relaxation technique that can help manage anxiety.

Top tips for Motivation

This course explores what motivation is; what affects our motivation and provides helpful guidance on how to improve our self-motivation.

Wellness Toolbox

In this course you will learn about what a wellness toolbox is and identify its many benefits. You will discover that creating your own toolbox is very important for maintaining your wellness. During the course we discuss what you might use to help you feel better when you aren't well and identify things you have enjoyed doing in the past that have helped you to stay well. A Wellness Toolbox is a very useful resource to help support you to maintain your overall wellbeing. A wellness toolbox promotes a better and more meaningful life.

WRAP (Wellness Recovery Action Plan)

WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams.

Understanding & Managing Anger

Anger is a universal experience. This course aims to increase your understanding of what anger is; and explore ways in which to manage your anger productively and avoid triggers.

Understanding & Managing Anxiety

This course aims to give you the knowledge required to understand the impact of and key issues surrounding anxiety and ways in which to manage it.

Understanding & Managing Depression

This course aims to give you the knowledge required to understand the impact of and key issues surrounding depression, and explore ways of managing it.

Understanding & Managing Medications

This course aims to raise awareness of a range of mental health medicines and provides guidance on where to seek further support.

Online Recovery College E-Learning Tool

We have launched our new Free Online Recovery College which is available 24 hours a day. You can access the eLearning system by registering at <https://mymentalhealthrecovery.com>. If you have any questions, call us on (NI) 028 7129 6183 or (RoI) 048 71 296183

