

Your wellbeing

Feelings of loneliness and isolation can both cause a mental health problem and can also result from one.

Studies have shown that those of us who are more socially isolated experience more stress, have lower self-esteem and are more likely to have sleep problems than people who have strong social support. Social isolation can contribute to problems such as anxiety and depression.

Conversely, having a mental health problem can lead to a poor self-image, we may not feel confident that others want to have social contact with us, we avoid contact and then we become isolated and lonely.

Stronger and broader social connections in our life can increase feelings of self-worth.

Being active can also have a positive impact on our mental wellbeing. Regular exercise can reduce stress, improve sleep and boost your overall mood.

To support Dorset Mind, please visit [justgiving.com/dorset-mind](https://www.justgiving.com/dorset-mind)

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We're Dorset Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Dorset Mind does not offer any undertaking as to whether a particular Dorset Mind service is suitable for any particular person. Dorset Mind does not make an assessment of anyone's mental health or circumstances prior to their attendance at a group or service.

Leaflet created by Dorset Mind in June 2016.

Wellbeing in Mind

Meet, share, listen and learn



Dorset Mind is a registered charity - No. 1108168 and is registered in England as a company limited by Guarantee No.5333018



What can you expect?

Wellbeing in Mind is a support group focusing on managing anxiety and depression. People can attend the two hour sessions on a drop in basis and stay for all or part of the session. There is also the freedom to participate as much or as little as they feel confident with or would like to.

The group offers peer support and the opportunity to share difficulties and achievements with others who've had similar experiences. It is also an opportunity to learn about alternative ways of coping. The group is bound by group guidelines including confidentiality and respect. The group facilitator ensures that a safe space is provided to process thoughts, feelings and experiences.

Each session starts with 10 minutes guided relaxation, followed by a 50-minute open space to check-in or ask questions and access peer support. Following a coffee break, the final 50 minutes is a workshop on subjects like: food and mood, what is mental health recovery, goal setting, what is mindfulness, challenging negative thinking and building self-esteem. Topics will be identified, discussed and agreed on a quarterly basis in consultation with group members.

Who might you see?



"My name is Mandy. I have enjoyed working with people with mental health issues for thirteen years. My diverse experience and training as a counsellor and Cognitive Behavioural Therapist (CBT) helps me to facilitate Wellbeing in Mind. Attending a new group can be a daunting experience and I am always happy to meet with new members before the group begins."

For further details about Wellbeing in Mind, please call Mandy on 07950 741698 or email wellbeing@dorsetmind.uk

You may also meet some of our other Group Facilitators: Rob, Carmel and Claire.



For up to date information on meetings please check the website, dorsetmind.uk

Charges

£3 per session

When and where is it?

Monthly on Tuesdays, 7pm to 9pm

Verwood Community Resource Centre
Jenner Close
Dorset
BH31 7QE

Bus routes: 302, 704, 771, 97, C18 and X6.

