

# Mental Health & Wellbeing Student Workshops

## The Foundations and Four Pillars of Wellbeing



**What:** Our Mental Health & Wellbeing Student workshops aim to empower students to better deal with life's inevitable difficulties by increasing their self-awareness and building resilience by using hands-on tools and Cognitive Behavioural Therapy techniques.

We offer a choice of 3 packages of programmes on stress reduction techniques and mental health and wellbeing awareness.

**Option 1:** the Foundations of Stress and Self Care (2 x 1 hour session)

**Option 2:** the Four Pillars of Wellbeing (4 x 1 hour session)

**Option 3:** the Foundations and Four Pillars of Wellbeing (6 x 1 hour session)



**Who for:** groups of students, **and delivered by** trained and experienced CBT Group Therapists in a safe environment.



**When: You can book a CBT Therapist to deliver either:**

**2 sessions** of one-hour foundations of Stress and Self Care sessions (option 1), or

**4 sessions** of one-hour 4 Pillars of Wellbeing sessions, or

**6 sessions** of one-hour sessions to include both Stress and Self Care and the 4 pillars of Wellbeing called The Foundations and Four Pillars Wellbeing (option 3)



**Where:** One-hour sessions can be delivered online and take place during regular guidance slots.

*(please note we require 24 hrs notice for any changes or cancellations and invite the course tutor to be present during the session.)*



**Why:** The Foundations and Four Pillars of Wellbeing Objectives and Content: Week 1 and 2 the Foundations of Stress and Self-Care - what is stress, how it affects us emotionally and physically and how self-care isn't all about bubble baths but checking in with ourselves and recognising our stressors. An introduction to challenging our thoughts (fact or opinion), effective coping techniques and tools to use in the moment when stressed and introduce new daily practices to reduce our stress. We offer CBT tools and relaxation techniques to help reduce stress, strategies for managing our time better. Participants will identify what works best for them and what they might change.

### The Four Pillars of Wellbeing:

**Week 1 – Emotional Wellbeing** – is an important part of our overall health.

Participants will learn that when we are emotionally healthy, we are in control of our thoughts, feelings and behaviours. We practice how to keep problems in perspective and bounce back from setbacks.

**Week 2 – Physical Wellbeing** – includes sleep, diet & nutrition, relaxation and exercise & activity. Participants will learn how our bodies respond to upset and change and what we can do to support our physical health introducing the CBT concept of pleasure and mastery activities.

**Week 3 – Relationships** – how we communicate with others and developing and maintaining supportive relationships is key and this session will explore our own network of social support, how to keep healthy boundaries and share top tips for effective communication.

**Week 4 – Values** – getting to know our values and self-beliefs and how they interact with others, and we close with some goal setting and visualisation. (Combining Option 1 and 2 is The Foundations and Four Pillars of Wellbeing).



**What other participants have said:**

- **98%** reported a better understanding of the impacts stress on their health & wellbeing.
- **87%** stated they would use the strategies and tools to improve wellbeing.
- **96%** of students said the length of the workshop was just right.
- **97%** said the facilitator was engaging.



**What now:** choose 2, 4 or 6 week input and get in touch with your college co-ordinator and provide your preferred dates/times for delivery. Once date and time of delivery are confirmed by us and a College Zoom link provided by you to us, one of our CBT & Group Therapists will deliver online to your group. We will ask for feedback and can provide information on additional resources and signposting for more mental health support.