Do you struggle with low mood or anxiety? Are you feel stressed and finding it hard to motivate yourself?

Join our webinar series to learn ways to relax, improve your mood, manage your worries and improve your sleep. To register your interest please complete the form on our **website or scan the**QR code – https://talkingtherapies.cnwl.nhs.uk/hillingdon/registration-form-cnwl-talking-



https://talkingtherapies.cnwl.nhs.uk/hillingdon

MINDFUL WALKING GROUP IN UXBRIDGE (IN-PERSON)

Friday 23rd September 2022 (11-11:45am)

Booking open

Mindfulness can help brings our minds into the present, helping to become more aware of your thoughts and feelings, providing opportunities to have more enjoyable moments. We are offering a Mindful Walking Workshop through Fassnidge Park in Uxbridge. We will be meeting at the bandstand in the park.



A MOOD BOOST CBT TOOLBOX

Wednesday 5th October 2022 (12-1pm)

Booking open

Develop your own personal toolbox of different skills and techniques based on Cognitive Behavioural Therapy to help lift your mood, reduce your anxiety, manage your stress and build your motivation.



WORRY MANAGEMENT

Wednesday 12th October 2022 (12-1pm)

**Booking opens 28th September **

Worry can be helpful when it spurs us into action, but when it becomes excessive it can significantly increase our anxiety and effect our focus. Learn ways to reduce and control your worries.



CONNECTING WITH OTHERS

Wednesday 26th October 2022 (12-1pm)

Booking opens 12th October

Connecting with others, whether it's family, friends or new people, is **very important for our well-being**. Feeling lonely or isolated can be difficult and cause us to feel low, whilst building connections with others can also create anxiety. In this workshop you will learn ways to reconnect with others to help improve your mood.



