

living well

Living well offer a range of psychoeducation workshops to promote recovery and enhance wellbeing. Our workshops are presented in a supportive learning environment which has helped participants better understand and become accustomed to living with mental health conditions.

Research suggests those who have a thorough understanding of the challenges they are facing as well as knowledge of personal coping ability, internal and external resources, and their own areas of strength are often better able to address difficulties, feel more in control, and have a greater internal capacity to work toward mental and emotional well-being.

Our workshops are comprised of evidenced based information that speaks directly to the lived experiences of our participants. Recovery occurs within a web of relations including individual peer support, family and community. The Living Well workshop supports participants on their recovery journey with knowledge and skills that can make a difference to their lives.

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Lawnton	(07) 3107 1327	Toowoomba	(07) 4572 3400
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YOU+

join our
living well
workshops

supporting your journey to
recovery and wellbeing



Wellness

+ Duration 5 weeks

Achieving and maintaining moderate levels of health and wellbeing seems simple at first but gradually gets more complicated the more you read and learn. Wellness participants will receive the most current Queensland Health information about staying healthy in an environment that promotes learning and participation.

Wellness provides easy and actionable health and nutrition information for participants to implement to their lives. This will assist participants to further develop their overall health and wellbeing. A wide range of practical tips and skills for everyday use and application will be covered throughout this workshop.

The final week of the Wellness workshop will be celebrated with a concluding workshop in the park with healthy foods and light to moderate exercise activities.

Why Work Works

+ Duration 6 weeks

Looking for a job is a complicated process that can leave jobseekers feeling frustrated and overwhelmed. Why Work Works is a "pre-employment" workshop that gives participants the best possible chance of securing and sustaining employment.

A large component of Why Works Works centres around self care and developing realistic workplace expectations. In addition to this we discuss interviewing, resumes and tips for improving success.

Participants regularly report excellent learning outcomes at the conclusion of every Why Work Works workshop. The final week of Why Work Works is a visit to Dress for Success boutique where participants will be stylised and fitted with a new interview outfit.

Shy No Longer

+ Duration 10 weeks

Shy No Longer is based on a Cognitive-Behavioural Skills which targets four key areas of performance that, when combined, commonly contribute to shyness. These areas are self-talk, social skills, anxiety and accomplishments.

Shy No Longer is designed to maximise comfort in social situations, while developing the skills needed to succeed. Each week introduces a new set of skills which participants will have the opportunity to practice in the workshop. Participants are encouraged to practice their new skills between sessions to the extent they are able.

Skills included in the workshop have been selected for their ability to maximise success in commonly encountered social situations. All skills are presented in small manageable steps.

Wise Choices

+ Duration 10 weeks

Wise choices is based on Acceptance & Commitment Therapy (ACT) and is being run for people who identify as having personality vulnerabilities. Wise Choices consists of 10 structured psycho-educational sessions covering skills such as mindfulness, awareness of emotions, defusion exercises, choice points and identifying values.

Wise Choices enters into the lived experience of participants by exploring the cost of struggling to avoid difficult thoughts and feelings. Introducing clients to acceptance and mindfulness skills as new ways to cope raises awareness of values, to help participants live a full rich and meaningful life.

The 10 sessions of Wise Choices will give participants the skills they need to lead a full rich and meaningful with themselves and others.

Inside Out

+ Duration 6 weeks

The focus of this workshop is the role of emotions in our lives and our relationships. In this workshop we look at how to recognise and respond effectively to our emotions and the emotions of others. We also look at the communication needed to facilitate effective personal responses. Developing these abilities can contribute to greater mental wellbeing, healthier relationships, and more rewarding social outcomes.

In practical terms, this means being aware that emotions can drive our behaviour and impact people (positively and negatively), and learning how to manage those emotions – both our own and others – especially when we are under stress.

For more information or to register for a Living Well Workshop, contact Clinton Tierney on **0437 901 472** or clinton.tierney@openminds.org.au

