

Coping With Life Courses



Coping with Life courses help people to learn and develop coping strategies using cognitive behavioral techniques and other methods. Each course lasts for 1.5 hours over 7 weeks, and includes various tasks to complete at home.

Managing Depression; This course provides participants with an understanding of how the interrelationship between thoughts, feelings and behaviour help to maintain depression. The course enables participants to identify strategies and develop skills that will help to change this cycle.

Managing Anxiety and Stress; This course provides participants with an understanding of what anxiety is and how it is maintained, and identify the cause and effects of stress. The course looks at the relationship between thoughts, feelings and behaviour. Participants learn how confidence-building, problem solving and relaxation help to reduce anxiety and manage stress more effectively.

Improving Self-Esteem, Confidence & Assertiveness; This course helps participants understand how thoughts and beliefs can maintain low self-esteem and undermine assertiveness. Participants learn and develop skills that help to change these cycles. The course teaches you how to recognise your value, handle criticism, say no and avoid being taken advantage of. The course introduces ideas on how to develop self-confidence and provides an opportunity to practice strategies and skills with other group members to build and maintain self-confidence and assertiveness.

