

YEW PROGRAMME

Your Emotional Wellness

action
mental
health

What is the YEW programme?

Through the use of simple evidence-based techniques for emotional wellbeing, it is possible to feel better about ourselves and our circumstances, to enjoy improved health and to cope well when we face change and difficult situations in our lives.

The programme will cover:



Mental Health & Coping
with Change



Understanding
Feelings & Emotions



Mental & Emotional
Resilience



Communication &
Relationships



Managing Stress



Self Esteem &
Confidence

Option 1

Sign Up

5 January to 9 February 2023
Every Thursday
10am-12noon
Face to face
Bloomfield House, Belfast.

Option 2

Sign Up

15 February to 22 March 2023
Every Wednesday
7pm-9pm
Online
(Zoom)

The YEW resilience and wellbeing programme is delivered over 6 x 2 hour sessions (either online or face to face).

Each session supports participants in small groups (8-10) to learn about the key aspects of positive mental health, along with techniques which are known to be helpful to improve wellbeing and build resilience.

The programme will cover

- **Session 1:** Mental Health & Coping with Change: Improve your knowledge of mental and emotional well-being and learn tools to cope with change.
- **Session 2:** Mental & Emotional Resilience: Discuss what resilience is and learn about ways to improve your resilience.
- **Session 3:** Managing Stress: Learn more about how stress affects your mental health and the things you can do which will help you to manage it.
- **Session 4:** Understanding Feelings & Emotions: Learn more about managing your feelings and emotions and learn tools to help you cope well with emotions.
- **Session 5:** Communication & Relationships: Learn more about good communication skills and how they can support healthy relationships.
- **Session 6:** Self Esteem & Confidence: Learn about the links between mental health and self esteem and ways to boost one's self esteem.

For more information contact amhmenssanani@amh.org.uk or call 02894 425356.