

Emotional Wellbeing

An 8 week course combining yoga and self relations therapy to improve your emotional wellbeing and relieve the symptoms of anxiety and depression.



Feel more energized and balanced, learn how to gain control over your emotions and calm your mind. Remove mental problems, improve your self confidence and stop letting depression and/or anxiety get in the way of your life!

Provided at a highly discounted rate through funding by:

Staffordshire Cares:
Community

Wellbeing

Fund



Staffordshire
County Council

Why Emotional Wellbeing?



Depression and anxiety are increasing. Now, one in 10 adults has been diagnosed with depression while the number of prescriptions issued for antidepressant drugs has risen fourfold. In Staffordshire alone, almost one in four people attend their GP surgery for mental health related problems.

What is wellbeing? It is defined as “a contented state of being happy, healthy and prosperous”. The World Health Organisation defines it as a state of complete physical, mental and social wellbeing. All three are necessary to achieve overall health.

Our unique programme offers effective treatment of depression, anxiety and other mental health issues and is proven to bring about greater degrees of emotional wellbeing by combining all three axes of wellbeing: physical, emotional and social health. Staffordshire County Council has provided funding to make this course affordable to everyone.

Free Resources to Use at Home

To support your learning (even long after you have finished the course), you will receive the following resources FREE:

- DVDs and CDs with yoga sequences, breathing practice, meditations and relaxation,
- Booklets and handouts
- Email and phone support
- Personal practice plans

You will be expected to do a daily home practice throughout the duration of the course.





About the Course Tutor – Sue Tupling

MSc, BWY Dip, SAC Dip

The Emotional Wellbeing course has been developed by Sue Tupling. Sue is a psychotherapist, yoga teacher, and accredited stress management practitioner. Sue runs the course herself.

She is an Advanced Master Practitioner of the applied psychology of NLP and is also a qualified NLP trainer. A qualified yoga teacher (Yoga Academy and BWY), Sue has been coaching people therapeutically for over six years and has specialised in yoga therapy for depression and anxiety and other mental health issues.

About Embodied Living

Embodied Living offers transformational coaching, therapy, training and classes from an ethical standpoint. We are a Community Interest Company (CIC), being an independently-regulated social enterprise our profits go back into the local community to support people and organisations who share similar values or who perhaps can't usually gain access to transformational change programmes.



Join our facebook community; dedicated to providing a community that supports each others' wellbeing and shares Embodied Living practices.

www.facebook.com/embodiedliving

Embodied
living

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Emotional Wellbeing Programme

This is an 8 week course, consisting of weekly 1.5 hour sessions combining psychoeducation with yoga therapy, including:

- Yoga therapy – simple breathing techniques, physical postures and movements to calm the mind and release emotional tension
- Self relations therapy – learn how to tap into the 3 minds of your generative self to develop resourceful beliefs, behaviours and states
- Mindfulness – simple meditation and mindfulness training to help improve your focus, increase your felt sense and reduce your symptoms
- Deep relaxation techniques – proven techniques to put your system into a state of deep restorative relaxation

A Helping Hand

From time to time we all need a helping hand. This programme works with the whole body-mind using the wisdom of the body to heal the mind, and tapping into the power of the mind to heal the body. This, combined with cognitive

behavioural therapy (CBT), yoga therapy and mindfulness, treats these emotional problems, returning you to emotional and physical wellbeing.

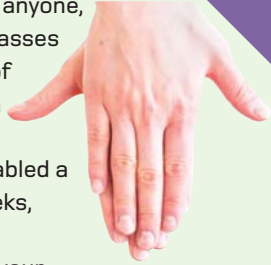


The course takes place in a small group setting for support.

DATES AND DETAILS

Book Your Place Today!

The Emotional Wellbeing course is for anyone, no prior experience is required. The classes are run in small groups – a maximum of 12 people – to ensure accommodation of individual needs. The course would normally cost £96 but funding has enabled a special price of only **£56** for the 8 weeks, which includes all DVD/CD and other resources. And if you are referred by your GP/NHS trust you will only pay **£24**. But you will need to book early to avoid disappointment. Complete and return this form today.



EMOTIONAL WELLBEING BOOKING FORM

Name:

Address:

Post Code:

Telephone No:

Email:

Course start date:

I would like to book the Emotional Wellbeing course, please send me a booking form and info.

TICK

Please complete this form, cut off and post to the address overleaf (remember to affix a stamp)



Embodied Living
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