

Wellbeing Workshops



- **What is a WOW?** - WOWs are Penumbra workshops on wellbeing. A group of people with a shared interest in a particular area of wellbeing come together to share knowledge and experience. The groups particularly focus on exploring tips, ideas and practical steps that can be taken to improve wellbeing in the chosen area.
- Workshops are facilitated by Peer Workers, who have their own lived experience of mental health recovery.
- Typically, last between 1 - 1 ½ hours.
- Delivered in various venues across Dundee

Below are of some of workshop topics:

- Anxiety Matters - This WOW explores the impact of anxiety on our bodies and mind. Discusses techniques we can use to reduce our anxiety and improve our wellbeing.
- Sleeping Well - Explores ways you might improve sleep quality by looking realistically and what it will take to help you make changes.
- I matter – Self Esteem - Recognise the connections between your self-esteem and your wellbeing. Learn some practical tips to improve your self-esteem and confidence.
- Assertiveness Matters - Explore why being able to be assertive matters to you. Find out what assertive means, how an assertive approach can support your recovery and protect or improve your wellbeing. Share tips and ideas about how and when to be assertive.
- Healthy Relationships - Explore why different relationships are important to us. Consider why some relationships (past or present) have been challenging and what we would like to change. This WOW encourages us to think about how we can make the most of our positive relationships.

Please get in touch if you would like to find out more or discuss arranging workshops for your community group:



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