



Young Person's Wellbeing Workshop



Introduction
& Triggers



Body Image &
Negative
Thoughts



Distractions &
Coping Tools



Goals &
Reflection

Background

Our Wellbeing Workshop is new for 2022, designed by and for our young service users who want to gain a greater insight into their behaviours, body image and managing recovery.

Each group offers a positive peer group environment, where service users are able to share their own experiences. Each week we will focus on a particular theme of recovery, from identifying triggers, to issues about body image and other negative thoughts. By the end of the four sessions, attendees will have gained new tools and coping mechanisms which can help them manage difficult situations and any setbacks within recovery.