

EMOTIONS GROUP



Women's
AID
North Ayrshire

North Ayrshire
Women's Aid
17 Vernon Street
Saltcoats
KA215HE

WELCOME

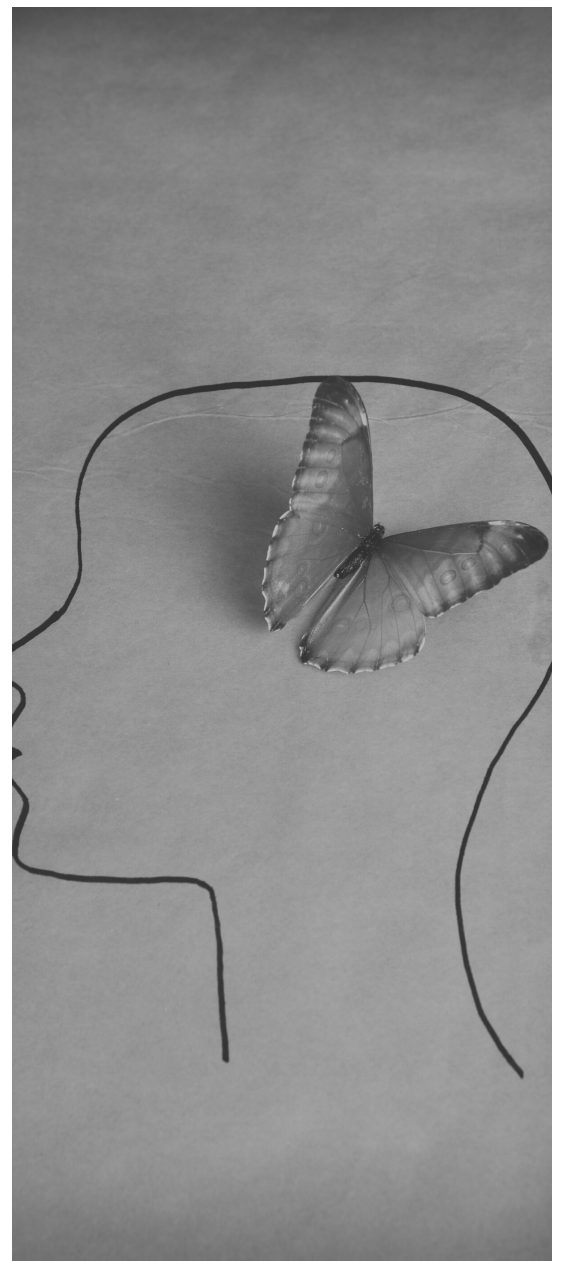
Welcome to North Ayrshire Women's Aid Emotions Group

What is the focus of the group?

Our emotions group aims to help women identify different emotions, introducing mindfulness techniques and other self care methods to help control emotions and reduce stress.

Why is it important?

In order to reduce stress we must learn to understand our emotions, how and why we feel the way we do. Once we learn what they mean we can focus on controlling them and by learning mindfulness techniques we can learn to relax and take care of ourselves.



GROUP SESSIONS



Our group sessions will run weekly

The topics we will cover:

- ♡ Identifying Emotions
- ♡ Managing Emotions
- ♡ Mindfulness
- ♡ Distress Tolerance Skills
- ♡ Controlling Impulses
- ♡ Learning to relax
- ♡ Self care

**take care
of your mind**

**For more information, please call us on 01294 602424
For days, times and location, ask your NAWA worker**