

My Generation

Week 1: Exploring unhelpful and helpful thinking

- How to identify the difference between helpful and unhelpful forms of thinking.
- How to recognise the outcomes that lead from the way in which we choose to think.
- Techniques that help you turn unhelpful thinking patterns into helpful ones.

Week 2: Exploring and managing stress

- How to recognise your warning signs and triggers for stress.
- Ways to manage your stress.

Week 3: Exploring feelings and emotions - part 1

- Feelings and why we have them.
- The effect that feelings can have on us.
- How to process feelings in a health way.

Week 4: Exploring feelings and emotions - part 2

- More about our feelings.
- The social need attached to feelings.
- What we need in order to process our feelings in a healthy way.

6.18 Module 8: Course overview

Week 5: Exploring loss, grief and renewal

- The different types of loss and the responses that come from loss.
- Loss over a period of time.
- The four stages of the grieving process.

Week 6: Exploring relaxation and mindfulness

- How to be aware of being on autopilot and being in the present moment.
- Practising mindfulness and relaxation.
- The benefits of mindfulness and relaxation.

Week 7: Exploring problem solving

- Everyday problems we encounter.
- The importance of solving our problems and what could happen if we don't.
- How to complete a problem solving process.

Week 8: Exploring connections

- The importance of our connections.
- How to practise positive connections.