



POST COVID MENTAL WELLBEING

Practical support for life after lockdown

**84% OF YOUNG ADULTS SAY THE
PANDEMIC HAS MADE THEIR MENTAL
HEALTH WORSE**

"Social distancing measures enforced on children are likely to increase the risk of depression, and probably anxiety, as well as possible post-traumatic stress"

Dr Maria Loades, University of Bath



LOOKING AFTER YOUR MENTAL WELLBEING

An informative and practical workshop to give young people the tools to adjust to life after lockdown

- Understanding our human needs
- Assessing personal priorities
- Exploring values & vision
- Balloons & bricks exercise
- Identifying self-care goals



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