

## Space from Challenging Times

Space from Challenging Times is an online programme designed to aid and support individuals navigating their way through difficult times.

The programme supplies psychoeducation and strategies for managing emotions. Our objective is to normalise feelings and offer tools to preserve well-being, even in troubled situations.



### Skills & Strategies



#### Range of modules for an array of subjects

- Manage challenging moments
- Establish a routine amid a crisis
- Overcome sleep difficulties
- Develop relaxation techniques
- Practice mindfulness
- Handle grief and loss
- Manage financial concerns



#### Interactive modules and activities

- Journal tools
- Grounding exercises
- Sleep logs
- Relaxation techniques
- Mindfulness exercises
- Practical tools for managing grief
- Financial tensions

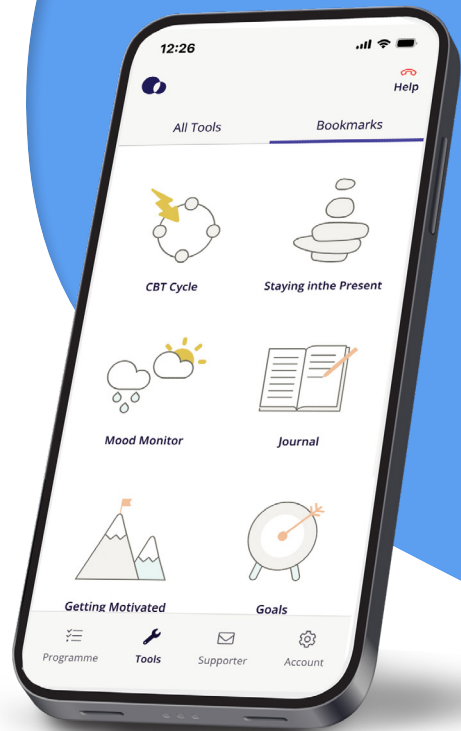


#### Supportive resources to develop skills

- Promote self-care
- Enhance social connections
- Cultivate hope
- Nurture resilience
- Promote a balanced perspective during challenging times

## Who This Programme Was Designed For:

Space from Challenging Times is designed specifically with adults in mind, particularly those encountering stressful periods or facing situations that cause distress. With a focus on emotional resilience, the programme provides strategies for effectively managing varied stressors. Concurrently, the programme encourages healthy relationships and the fostering of positive emotions during times of crisis.



## Cognitive Behavioural Therapy

With Cognitive Behavioural Therapy (CBT), participants will gain a better understanding of their thoughts, feelings, and behaviours, learning how to implement positive changes – proven to reduce symptoms and manage their mental health and well-being more effectively. Participants leave with the tools to better manage their mental health both presently and in the future.

Rich educational content provides insightful understanding about common emotional reactions, effective coping strategies, guidelines for sleep hygiene, benefits of relaxation, mindfulness practices, understanding the grief process, and dealing with financial hardships.

**You can access this program right away: [click here to visit the Lanarkshire Mind Matters sign-up page](#)**

