

# Wellbeing Sessions for Carers

## BREATHING TECHNIQUES FOR WELL-BEING

In these sessions you will learn how to master your breathing as a means to alleviate mental and emotional issues, reduce stress and improve health.

Every Monday 9.30am - 10.00am and 5.00pm - 5.30pm

## QI GONG/TAI CHI CLASSES

Qigong and Tai Chi are traditional Chinese exercise routines which have a unique, remarkable effect on improving health, fitness and well being. Regular practice of Qigong and Tai Chi can help achieve a harmony of body, breath and flexibility, strength, fitness, balance, mental focus and coordination.

Every Thursday 10.00am - 11.00am

## WELL-BEING SESSIONS FOR CARERS

Learning ways to relax, reduce stress and anxiety by using techniques such as mindfulness, meditation and self-care practices which help to cope with the caring role and improves well-being

Every Friday 10.00am - 11.00am

## CARERS PEER SUPPORT SESSION

This group is an opportunity to share your experiences, hear from others, and help support and care for one another

Once a month Thursdays 2.00pm - 3.30pm

We offer a variety of courses available including: Coping with stress, Understanding Anxiety, Coping with change, Improving sleep for well-being, Food and Mood, Ways of Wellbeing

Register online: [mindinbexley.org.uk/carers](http://mindinbexley.org.uk/carers)

If you would like to talk to someone about how you are feeling please call 0808 195 3895 open

Monday-Friday 10am-3pm



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in Bexley