

COPING WELL

Living with a life-limiting illness can bring many difficult feelings including stress, anxiety and uncertainty. Sometimes people wonder how they will cope.



LIVING WELL

Coping Well is a six week course that offers emotional support and practical strategies for managing the psychological stresses of living with a life-limiting condition. Topics covered include:

- Dealing with difficult emotions
- Mindfulness techniques for managing stress and anxiety
- Adapting to change
- Coping with concerns about family and friends
- Living for today
- Positive action planning

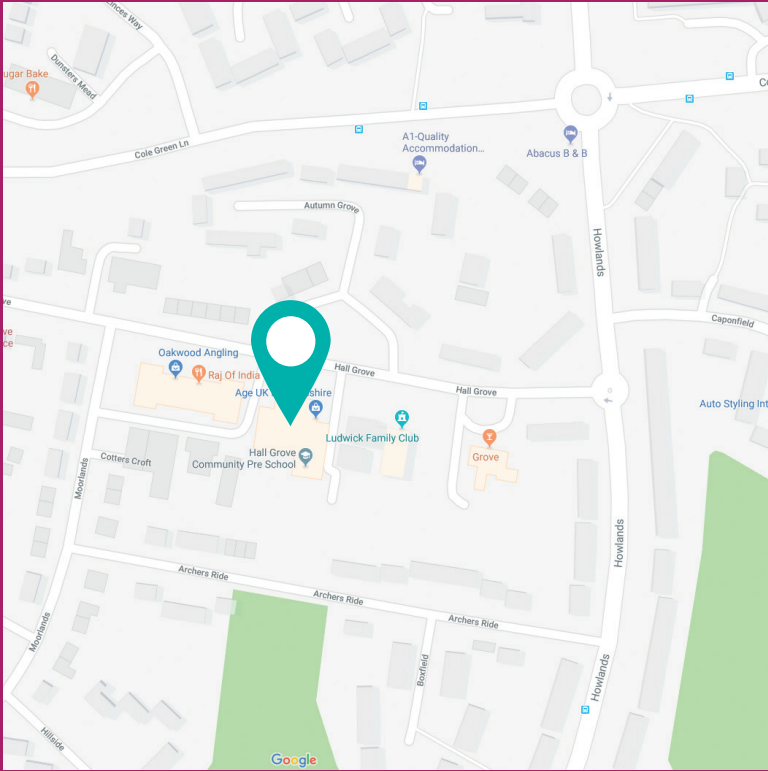
WHEN

Contact the Living Well team to confirm the date and time of the next course

WHERE

Living Well with Isabel Community Hub,
Welwyn Garden City





 Living Well with Isabel Community Hub, Hall Grove,
Welwyn Garden City, Herts, AL7 4PH

**If you'd like to discuss your needs or attend
this group please contact;**

**livingwell@isabelhospice.org.uk
or call 01707 382566**

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