

# MIND AID

## What is it?

The MIND AID workshop is a for anyone struggling with difficult feelings such as stress, anxiety, low mood or depression.

## Learn how to:

- Protect yourself from life stresses.
- How to challenge thoughts and use focusing techniques to build your mental health.
- How to relax and feel safe (a strategy that can also help with sleeplessness!)
- How to create and maintain new habits, and do more of what you want to do.

## Interested?



Sign up to MIND AID  
at [otrbristol.org.uk](https://otrbristol.org.uk)



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