

Take a PositiveStep to improve your mental health



Spotlight on Anxiety

Anxiety is a normal human reaction to danger or to a difficult or worrying situation. It prepares the body for action. Anxiety can affect the way we feel both emotionally and physically and it also affects the way we think and how we behave. Some common symptoms of anxiety are:

- ◆ Racing heart
- ◆ Feeling shaky
- ◆ Fast Breathing
- ◆ Feeling sweaty

This can make us feeling nervous or on edge, scared, afraid, easily annoyed and irritable. We can also feel out of control and cause a loss of confidence. Anxiety can make us worry about lots of different things, feel we can't cope, avoid situations which make us anxious, avoid going out or overplan everything to manage our anxiety.

The Managing Anxiety course with PositiveStep can help you to identify your symptoms of anxiety and how it has affected you. The course can help you learn new skills to manage your anxiety.

The Anxiety courses are 8 weeks long so that you have enough time to learn about anxiety and to practise some of the techniques and skills you will learn.

The next one starts on 21st May at Nailsea Methodist Church, 6.30pm-8.30pm

Positive Step – Caring for Carers

Are you a carer? If so, at Positive Step we want to make sure that we are **caring for carers**, to do this we have created a series of workshops especially for you. The workshops cover a variety of topics such as: "Keeping your Spirits up", "Improving how you feel about yourself" and "Coping with Change".

The workshop's format is partly psycho- educational and partly therapeutic. For more information please visit our website on www.positivestep.org.uk or call us on 01934 523766—There are various workshops available in Weston-super-Mare or Clevedon in June and July.



PositiveStep is a free service funded by the NHS

PositiveStep next coffee morning is

12th May 2014 at 10am

Locking Castle Church, Weston-super-Mare

We warmly invite you to join with friends from PositiveStep for an informal coffee morning.



New Partnerships

PositiveStep is working with colleagues who specialise in working with people with Parkinson's Disease who have set up a programme to help people living with the condition. PositiveStep is helping people to adjust to the condition.

PositiveStep is also working with the Pain Management Service based at Frenchay Hospital, helping to provide local access to the self management of pain programme.

If you are interested in finding out more about either of these programmes please contact us on 01934 523766.

Quote of the Month...

'Sometimes our light goes out but it is blown again into instant flame by an encounter with another human being'

Albert Schweitzer

Patients' Forum

Every 1st Wednesday, 1.15pm-2.45pm at Coast Resource Centre.

You are welcome to come along and see what it's about

Comings and Goings

- Goodbye to Dan who is off to Kent to train to be a CBT therapist
- Goodbye to Liz who is off to Bristol to work as a therapist for children
 - Good luck to Alex who has now gone on Maternity leave
- Good luck to Peter who is taking early retirement at the end of May
- Welcome to Mark who has previously been a volunteer with our service and is now a full time Wellness Advisor

Courses starting in May/June:

- Anxiety Management Course, Nailsea Methodist Church, 21st May at 6.30pm
- Get Ready for Change (weight management course) Coast Resource Centre, 9th June at 10am
- Positive steps towards Diabetes, Coast Resource Centre, 12th June at 10am
- Stress and Mood Management Course, The Campus, 5th June at 10am
- Anxiety Management Course, Windmill House, Kenn, 6th June at 10am

To book on to these or any of our courses, please visit our website www.positivestep.org.uk or call 0800 688 8010