

Take a PositiveStep to improve your mental health



## What is Emotional Sensitivity?

What you think, and what you feel, and how you behave - that is who you are. That decides how you see the world. It is why you deal with people the way you do. It decides how you behave when something upsetting or something wonderful happens. If you have emotional sensitivity you may be prone to strong emotions, mood swings and feelings you can't cope with easily and may feel distressed a lot of the time. You may also feel that it is difficult to 'get back to normal' following a stressful and emotional event.

### What can PositiveStep offer?

PositiveStep runs a group called STEPPS for people with emotional sensitivity. STEPPS stands for 'Systems Training for Emotional Predictability & Problem solving'. Sounds complicated?! It is a group designed to help people to develop skills in the following areas:

- Managing emotions
- Thinking
- Behaviour
- Relationships

### What Happens in STEPPS?

You will meet with between 8-12 people weekly for 2.5 hours and this will be for 16 weeks. Each session will be run by two of our CBT therapist.

The sessions are lively and include music, art and relaxation and you are welcome to bring along your own materials, poems, artwork etc.

Learning new skills can be challenging and it's helpful to get support from outside the group. To do this we like to involve some of the people around you e.g. friends, family and professionals who can offer you that support and encouragement to continue learning. You choose who these people are and we will make sure they get the right information about the sessions to be able to give you the best support possible, whilst helping you to put your new skills into practice.

### Some of the comments from those who have completed the course:

*It saved my life*

*I didn't like myself before - now I love myself*

*It's given me the tools to use and is a stepping stone to move forward*

*It gave me confidence*

*It's helped me to reduce my self destructive behaviour - I self-harm self and I've stopped drinking*

### AWP Staff Awards 2014

Congratulations to two of our team for getting through to the finals of the AWP staff awards.

Sarah Branton our Service Manager was nominate for '**Leading by Example**'

Karen, one of our High Intensity Therapists was nominated for '**Clinical Excellence**'

We wish them both the best of luck and will let you know if they were successful at the awards ceremony on 8th October.



## Open Door service at the For All Healthy Living Centre

Would you like to feel more...

Positive Hopeful In Control  
Uplifted Calm Relaxed  
Confident

We now offer a FREE weekly Open Door service, where you can find out more about what PositiveStep can do for you. This service is designed to help you access PositiveStep more quickly and easily.

The Open Door sessions are  
**Tuesday, 12.30pm - 3.30pm** at the **For All Healthy Living Centre,**  
Lonsdale Drive, Weston,

Speak to one of our advisors in confidence to see how we can help you and be pointed in the right direction to receive help for a range of mental health issues.

As well as being a doctor's surgery, The For All Healthy Living Centre is a busy community based building hosting lots of organised activities, workshops and stalls at different times in the week. We hope that this new Open Door service will be used by the local community and once established will encourage those of you who find it difficult to call us, to just stop by.

### Comings and goings...

Good bye to Carrie who is taking up at new challenge at the Bristol University.  
Thank you to Carrie for establishing our STEPPS programme.

### Quote of the month

"With the new day comes new strengths  
and new thoughts"

**Eleanor Roosevelt**

### Courses starting in September/October

- ⇒ **Anxiety Management** at The Coast Resource Centre from 6.30pm on 15th October
- ⇒ **Self Esteem** at The Coast Resource Centre from 6.30pm on 20th October
- ⇒ **Anxiety Management** at Windmill House, Kenn from 6.30pm on 29th October
- ⇒ Low Mood at The Badger Centre, Weston from 10am on 3rd November
- ⇒ Self Esteem at Windmill House, Kenn from 10am on 4th November
- ⇒ Stress and Mood Management at Windmill House, Kenn from 10am on 4th November
- ⇒ Low Mood at The Coast Resource Centre, Weston from 6.30pm on 6th November

The next courses will be running from January 2015

To book a place on these or any of our courses, please visit our website  
[www.positivestep.org.uk](http://www.positivestep.org.uk) or call 0800 688 8010