



South Eastern Sydney
Recovery & Wellbeing College

Telehealth Group Information Sheet

***Coping with Big Feelings* telehealth group**

Date: Wednesday 29 April, 6, 13, 20 & 27 May 2020
Duration: 1 hour x 5 weeks
Time: 2:00pm – 3.00pm

Many people who experience mental distress have had times of overwhelming emotions. This can impact us individually, our relationships with family, friends and the broader community. In this group, participants will learn ways of coping with big feelings in particular during the COVID-19 pandemic. The group will explore the concept of 'emotional regulation' and discuss approaches such as Dialectical Behaviour Therapy (DBT).

GROUP OUTCOMES:

- Participants will acquire skills to recognise, cope with and tolerate a range of emotions
- Participants will acquire knowledge about the different core emotions and the effects of emotions on the body and their links to behaviour
- Participants will clarify their attitudes toward feeling a range of emotions and increase their confidence to regulate and manage different emotions

To participate in this telehealth group, you will need one of the following:

- A desktop computer or laptop with Google Chrome
- An iPad or tablet
- A smart mobile phone with data

Ideally, your device will have a camera, a microphone and speakers, but you can always just phone into the group.

Once enrolled, we will phone and guide you in how to use telehealth for groups.

TO ENROL

Visit our website: <https://www.seslhd.health.nsw.gov.au/recovery-college>

Phone: 9113 2981

Email and request a form: SESLHD-RecoveryCollege@health.nsw.gov.au

For more information please contact the
Recovery & Wellbeing College Team

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Or to find out about other information and resources check out our Facebook page:

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