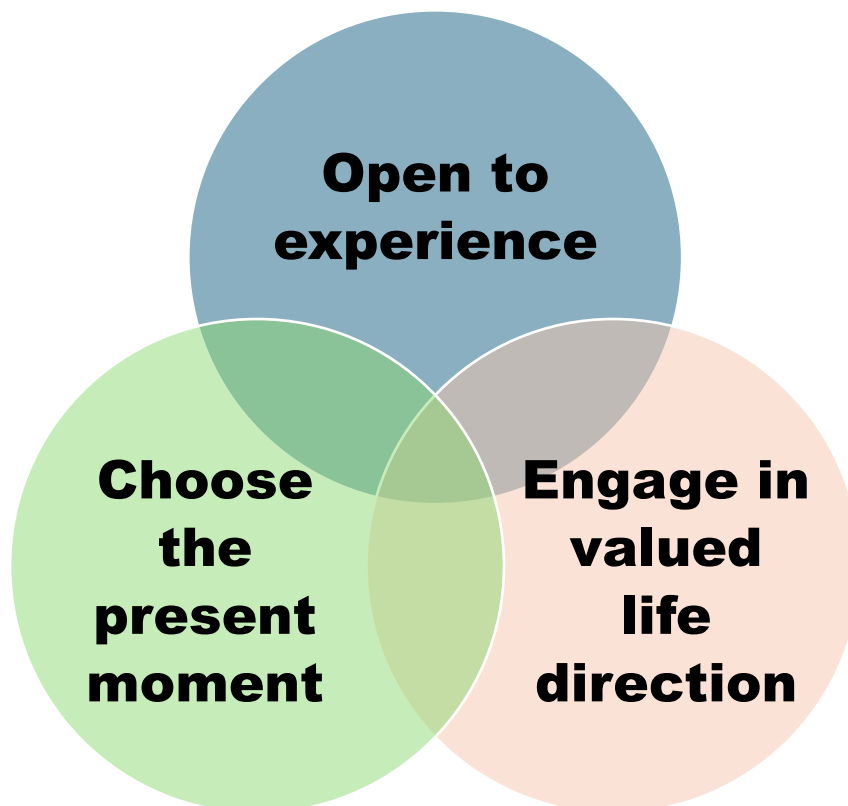




# Parent Wellbeing Sessions: From Surviving to Thriving



POSITIVE BEHAVIOUR SUPPORT SERVICE

Halton Borough Council



## Welcome to the Parent Wellbeing Sessions

**Do you sometime struggle to sleep at night? Do you worry about the everyday demands of family life? Maybe sometimes you even feel burnt out?**

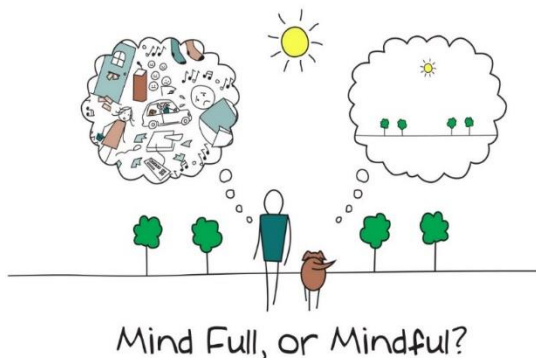
We all experience stress from time to time in our everyday lives. It is a normal reaction to events that make us feel threatened or place great demands upon us. It is often referred to as the “fight, flight or freeze response”. However, supporting individuals with challenging behaviour, and experiencing continuous and prolonged exposure to stress can lead to burnout. The common signs of burnout can include feeling flat and drained of energy, developing negative perceptions around particular people or activities, and having negative thoughts around your own accomplishments.

The ‘**5 ways to Mental Wellbeing**’ is part of a government campaign to improve everyone’s mental wellbeing through promoting the importance of: connection, taking notice, being active, giving, and to keep learning. There is now strong evidence to suggest that wellbeing is a skill and needs to be practiced.

The Parent Wellbeing Sessions aim to support parents and carers to become more psychologically flexible to the everyday demands of family life.

A key part of this training will involve practice in “taking a pause”. This is a key skill to help develop greater control of our attention, and can be a practical way to stop becoming entangled with unhelpful thoughts and emotions.

At the same time, it is essential to clarify what is most important in our lives and to take opportunities to invest time in the things that really matter.



**ALS, in association with PBSS Halton will be providing a free of charge, 4-week training course.**

The training course will involve 1 session per week, each session lasting 1-1.5 hours.

**The sessions will take place at 10am at Abbot’s Lea School on the following dates:**

24 September 2024	8 October 2024
1 October 2024	15 October 2024

**To secure a place, please contact: [reception@abbotsleaschool.co.uk](mailto:reception@abbotsleaschool.co.uk)**

We aim to hopefully provide you with a better understanding of your own stress and what you can do to help cope with stress. We aim to teach you simple steps which you can implement across the day which may help to draw your attention away from unhelpful thoughts or emotions.

***“You may not be able to stop the waves but you can learn to surf”***