

# The Resilience Lab

Living in Bristol aged 14-25 or South Glos aged 11-18? Burnt out from too much work or studying?

In a hectic and often stressful world our ability to bounce back is really important for our health and happiness. Come join us for a series of FREE and - most importantly - FUN workshops to learn some new skills and ideas for how to cope with stress and deal with the challenges you face.

You can come to one, or better still, come to all five. You can also bring a friend along.



## **Making Friends with Stress (MFWS)**

Forget 'stress management', lets really get to know stress....and maybe even make friends with it.

## **Reach out**

Building bridges and getting connected. Learn some important and overlooked skills in the art of being resilient.

## **SuperMe**

What are 'strengths' and why are they useful? Discover some of yours and how to use them for a real resilience boost.

## **Pressure Proof**

Tried-and-tested techniques for when things get tough. An intro to breathing techniques, mindfulness and other stress busting ideas.

## **Thinking Traps**

Ever get caught in patterns of negative thinking? Us too! Learn how to challenge those pesky thoughts that can sometimes make life feel so difficult.

---

**BRISTOL SESSIONS RUN WEDNESDAYS TERM TIME, 6-7.30pm**

**SOUTH GLOS SESSIONS RUN THURSDAYS TERM TIME, 5.30-6.30pm**

---

Want to book a place? Find out more? Email [resiliencelab@otrbristol.org.uk](mailto:resiliencelab@otrbristol.org.uk)  
Booking not essential but recommended as places are limited



# The Resilience Lab