UNISON
LEARNING LINCS

How not to worry

Free course to members of a Lincolnshire branch

Some of you will remember Ed from the "Self-Care Isn't Selfish" and "Power To Say No" sessions we ran last year and which received such positive feedback.

In this session he will provide practical advice how we can learn to think, feel and act in a way that this helpful and healthy rather than unhelpful and unhealthy. He explores the differences between worthwhile and worthless worry, how to distinguish between the two and ultimately how to worry less and enjoy life more.

Wednesday 16th February 6-8pm
via Zoom

To apply, scan the QR code or email
unisonlearninglincs@gmail.com

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