



**Wellbeing  
& Recovery  
College**



**Midlands Partnership**  
NHS Foundation Trust  
*A Keele University Teaching Trust*

Telford & Wrekin

**iapt**

Psychological Therapies  
for Low Mood, Depression  
and Anxiety

# Move for Mood

# Welcome!

## Expectations of the course

- ▶ 9 week course looking at understanding low mood/ depression
- ▶ Learning skills and techniques to improve your mood and how physical activity can help
- ▶ An introduction to movement- including walking, dancing and boxing
- ▶ Connection- A chance to chat and get to know others

# What you can expect from us

- ▶ To treat you all with respect and dignity
- ▶ To guide you through the course and answer any questions you have as best as we can
- ▶ To support with any needs and any materials needed for the course

# What we ask of you

- ▶ To be respectful of others
- ▶ To keep this a safe space and ensure everyone's confidentiality
- ▶ To let us know if you need any support or are unsure of anything
- ▶ To take things at your pace and try your best

# Aims

- ▶ To understand low mood/ depression
- ▶ Introduction to Cognitive Behavioural Therapy
- ▶ Introduction to mindful walking
- ▶ Cuppa and Connection



# Low Mood

- 1 in 4 people experience depressed mood at some time in their lives.



## Depression Causes



genetics



brain chemistry  
imbalance



poor nutrition



physical  
health issue



drugs

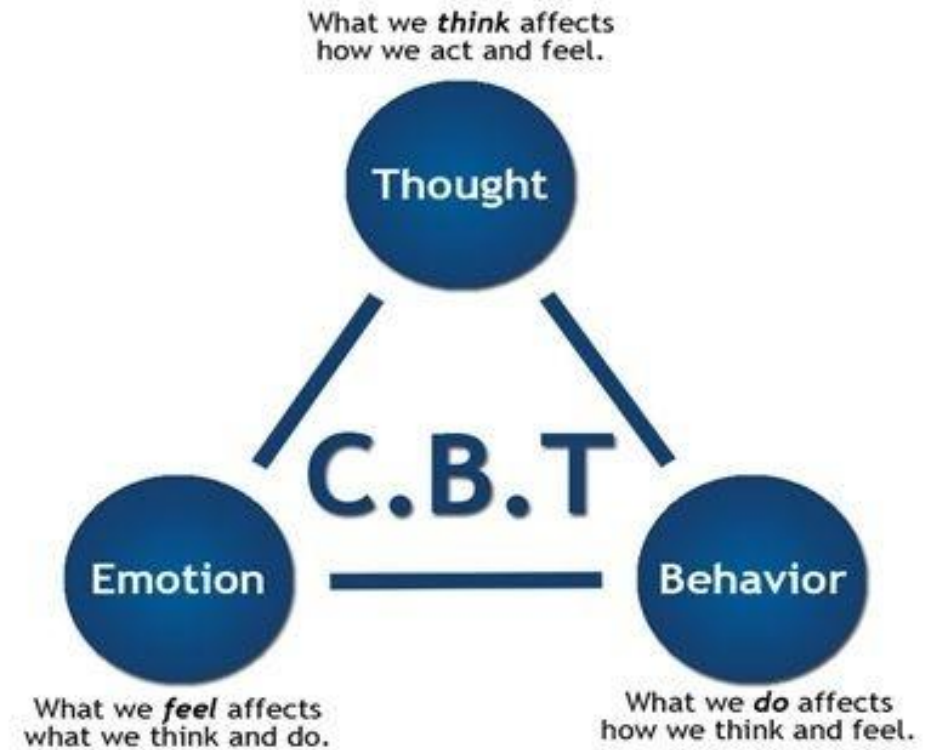


stress



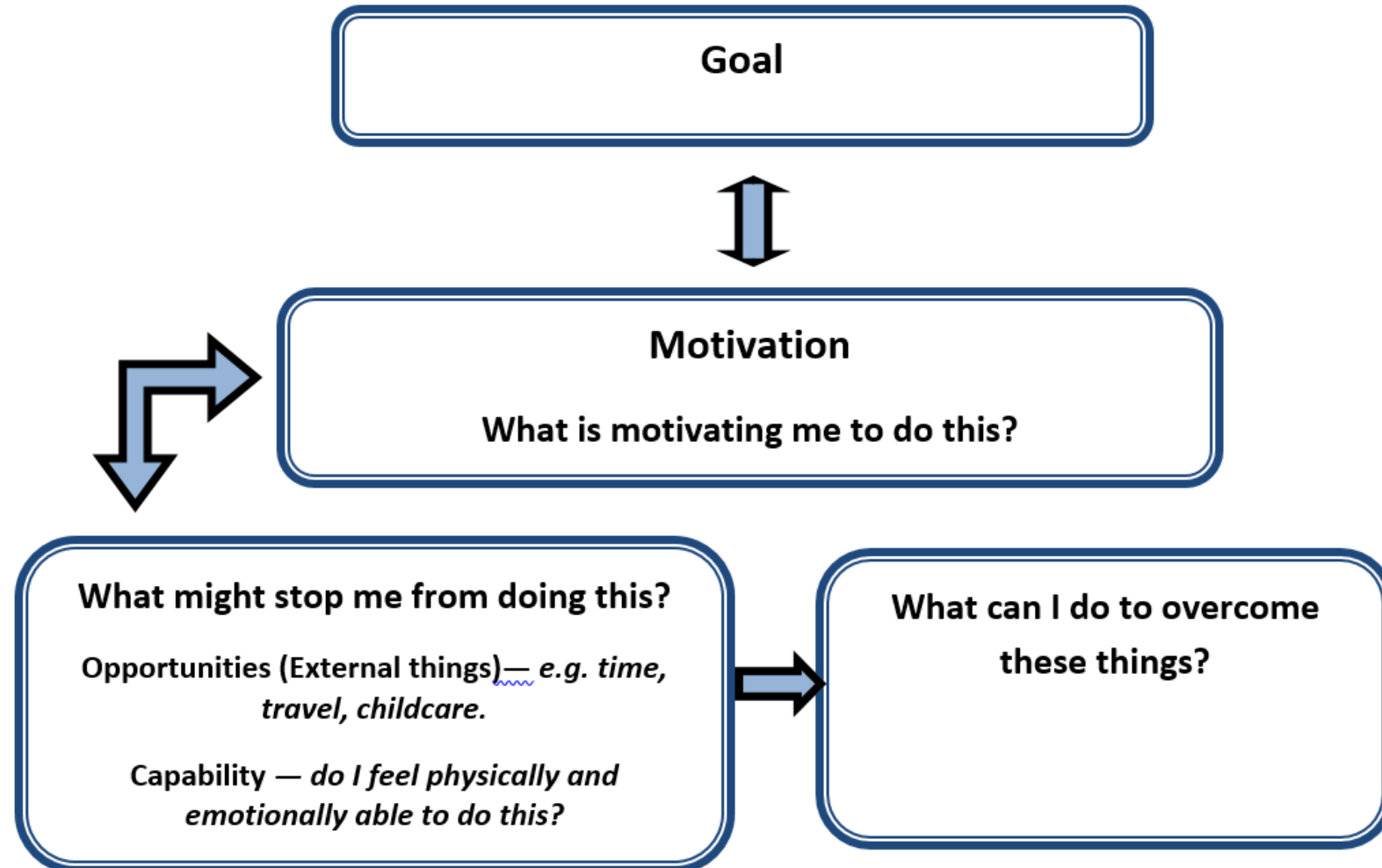
verywell

# Cognitive Behavioural Therapy

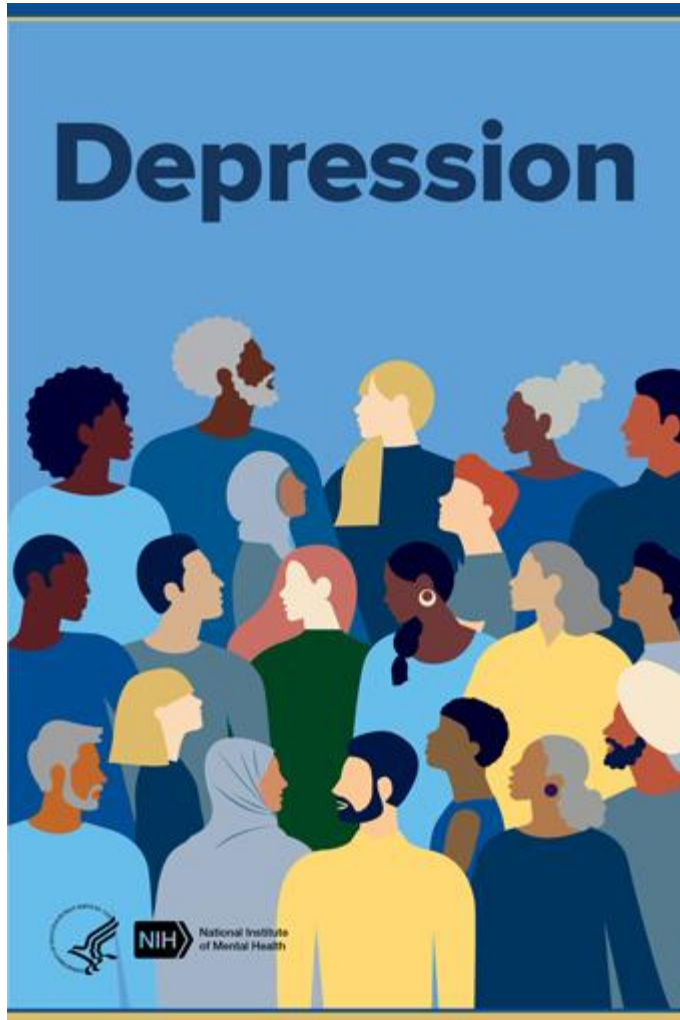




# Goal Setting







Everyone's experience of depression  
can be different





# Thank you

Next week we will be focusing on the role of physical activity on low mood