

You can learn to handle things in a different way.

ACTivate Your Life is all about you having a better life ... a life with less suffering and more freedom to do the things that matter to you

Learn how to lead a richer, more fulfilling, life by **Ac-cepting** the things you can't control and **Making a Com-mitment** to do things that you really care about.

This free course is designed to help you improve your mental health and wellbeing. Feeling worried or anxious can have a big impact on your health and for some people life can be particularly difficult.

DON'T struggle to overcome your pain or distress - "fighting" these things doesn't

DON'T assume that you can avoid or escape from the problems in your life

DON'T rely on "quick fixes" to escape bad feelings

DON'T put your life on hold

You are not your mind

Mindfulness

Facing up to life

Living wisely, living well

How to attend:

No registration, just turn up

Free resources for participants

We do ALL the talking.

Where to attend:

Dolman Theatre

Kingsway

Newport. NP20 1HY

When to attend:

Tuesday's

10:00am to 12:00 noon

Rolling Programme

ACTivate Your Life

The course can help you to take greater control of your actions, so that day-to-day life becomes less distressing and more enjoyable.

The course has been developed for you by Dr Neil Frude and will help you find out what is really important to you and give you the skills to be able to live your life with more confidence and a greater sense of purpose.

Link to MELO—Activate You Life course content — [ACTivate Your Life Online Course | Melo Cymru](#)

For additional materials



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board