



Bromley,  
Lewisham  
& Greenwich



**Bromley Well Mental Health and Wellbeing Service**  
Bromley, Lewisham & Greenwich Mind

# Coping with Caring

Coping with Caring is a free course for anyone who supports someone who struggles with their mental health. The course is interactive and is about you, as a carer. You'll meet new people with similar experiences relating to being a mental health carer and learn different ways to cope with the challenges this brings.

Coping with Caring is held over six sessions at BLG Minds premises, either in Orpington or Beckenham. Refreshments and biscuits will be provided!

## **First Session - Introduction and The Emotional Impacting of Caring**

Getting to know each other and thinking about the complex nature of being a mental health carer

## **Second Session – The Body Keeps the Score**

Looking at how the body holds stress, anxiety and overwhelm and techniques to manage the physical effects of this; including mindfulness, grounding and muscle relaxation that we'll practice together throughout the course

## **Third Session – Coping with Distressing Conversations and Situations**

Discussing the nature of mental health and what recovery means to individual people. Exploring different communication ideas, de-escalation techniques and the complex area of boundaries. We'll look at the emotional impact of distressing situations and explore together ways to cope and look after your own wellbeing

## **Fourth Session – Carrying What Can't Be Fixed**

Using acknowledgement, self-compassion and realistic self-care. We'll explore creative ways to cope and express yourself and how to build a self-care toolkit

## **Fifth Session – Growing Your Life Outside of Caring**

Exploring how many carers find they're feeling a loss of identity, as feelings become intertwined with the one you care for and it's hard when you take on their emotions too. We'll explore how to grow your life outside of caring and the balance between your caring and your own life

## **Sixth Session – Looking Forwards**

Looking at what the course has covered and how to bring the techniques practiced with you moving forwards. Here we will also look at future planning (for you as a carer and the one you care for) and navigating the mental health system, as well as advocacy and carers' rights.

Register for the course by contacting [MHcarers@bromleywell.org.uk](mailto:MHcarers@bromleywell.org.uk)