



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.

The course will be held over six sessions at South East London Mind's premises in Orpington. Register for the course by contacting MHcarers@bromleywell.org.uk

Introduction and The Emotional Impacting of Caring

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

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

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

Carrying What Can't Be Fixed

Using acknowledgement, self-compassion and realistic self-care. We'll explore unhelpful thinking styles and coping techniques to help you achieve better balance in your caring role.

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

Looking Forward

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.