

Psychology Clinic - Group Therapy Service

# **Mood Management Course**

## You will learn:



Information about the vicious cycle of depression and anxiety



How to identify and practice activities that help you feel pleasure and achievement



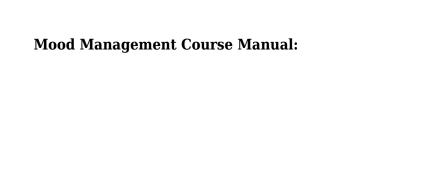
How to identify and address unhelpful thinking habits



Strategies to tackle avoidance by breaking tasks down into manageable steps

# **Mood Management Course Manual**

**Karin Nielsen-Saines** 



Discover tales of courage and bravery in Crafted by is empowering ebook, Stories of Fearlessness: **Mood Management Course Manual**. In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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