



Building resilience and managing stress groups

Based on cognitive behavioural therapy (CBT), this group will help individuals to understand and learn effective coping strategies to help manage symptoms better. The group will also help to normalise these issues, making individuals aware that they are not alone and assist them in building a support network with others experiencing similar challenges.

This closed therapy group is dedicated to improving the wellbeing of males and females struggling with low mood, anxiety and stress.



Programme overview

- + An initial assessment in order to meet individual needs and suitability
- + CBT approach tailored to each individual
- + Support for individuals to develop the tools needed for recovery
- + Interactive discussions and activities to help demonstrate how coping skills can be applied to real life situations
- + This is a structured programme with homework to be completed weekly

Programme timetable

+ Week 1

2pm - 4pm

Building resilience to stress

+ Week 2

2pm - 4pm

Overcoming anxiety and facing your fears

+ Week 3

2pm - 4pm

Managing low mood and becoming active

+ Week 4

2pm - 4pm

Final session - maintaining progress and preventing relapse

Additional sessions on low self-esteem and assertiveness are also available.

Meet our team

Kiranjit Janagal, Cognitive Behavioural Psychotherapist

Kiranjit is passionate about making changes to the perceptions and stigmas associated with mental health. She has worked in mental health for the past 10 years doing various roles and has been practicing as a qualified cognitive behavioral psychotherapist since 2014. Having worked in a number of different settings including NHS services, charities and the private sector, Kiranjit has a keen interest in prevention vs. cure approach when it comes to promoting better wellbeing.

About Priory Wellbeing Centre Birmingham

Priory Wellbeing Centre Birmingham is conveniently located right in the heart of Birmingham's city centre, allowing easy access to expert outpatient treatment for a range of mental health conditions.

Our treatment specialists at Birmingham possess a wealth of experience in using a variety of therapeutic techniques, empowering you to address your mental health challenges, improve your health and wellbeing, and achieve a strong and lasting recovery.

More information

This therapy group can be accessed following an initial, free assessment to confirm suitability.

If you would like to find out more or to reserve a place on the programme, you can contact Kiranjit at Priory Wellbeing Centre Birmingham on **0121 434 6171** or email KiranjitJanagal@priorygroup.com