



Case Study – Improving Your Emotional Well-being – Summer 2017

I'd been seeing my health visitor (LL) regularly and spoken to her about how low I'd been feeling. LL told me about Extra and I explained I was already registered and attended the weekly 'Heroes' peer support group. LL phoned Extra to enquire about what courses they had available. Extra suggested Improving Your Emotional Wellbeing and I thought why not! I had nothing to lose by going along because I was at rock bottom so I felt it couldn't make me feel any worse. I was very anxious about attending a new course, in a new place with people I didn't know. One of the team at Extra offered to attend the course with me for support. I'd known her for a while as she runs the Heroes group. It made me feel relieved and so much better knowing that I didn't have to face going on my own.

Improving Your Emotional Wellbeing and Extra in general, has helped me a lot. I had a lot of self-blame and guilt – I was at rock bottom. It made me focus on myself more and taught me not to put myself at the bottom of my list of priorities. I've made new friends and we still see each other even now the course has ended. I'm happier and more confident. The experiences I've had with Extra have made me feel safe and secure and I'd happily attend other activities they have to offer.

Since the course finished I've taken up a new hobby of colouring. I find it really relaxing. Before I wouldn't do anything for myself. I'd make sure everyone else was sorted and then feel exhausted and crash out! I've started cooking family meals again and I even have the confidence to visit my Dad by myself (he is in a care home and not too good). Due to the medication I was taking I couldn't drive for 6 weeks and that really knocked my confidence but I use positive self-talk (skills from the course) to get me through. I also have a 'venting diary' to vent all my not-so-positive thoughts at and at the end of the course we got given a small note book and I still use that to record all the positives in my life. These all help me to keep happy and positive.

Feel Good Friday is a new peer support group Extra started. It evolved from the Improving Your Emotional Wellbeing course because everyone that attended asked for somewhere to go just to sit and chat and know others in the same situation. I love it! I attend weekly and it's great to see familiar faces. With the help of Extra we have started a Facebook Messenger group which provides support during the week. I always look forward to all the groups I attend with Extra. The whole team are amazing!