



# Managing Me

Thursdays 2:00-3.30pm  
9<sup>th</sup> October – 20<sup>th</sup> November

Owen Building 523  
L5 Owen Building

Victoria Catton  
Student Wellbeing  
Sheffield Hallam University





**What is the 'Managing Me' course? This in-person course introduces life skills for proactive mental health.**

Who is it suitable for? It is suitable  
for people with difficulties with  
emotional instability and  
impulsivity.



How long does it last? It's a six-week course, participants are encouraged to attend as many sessions as possible.





What's it about? The life skills are based on Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) and focuses on distress tolerance, mindfulness skills, support with emotional regulation and interpersonal effectiveness skills.

# Is this course for me?

- ✓ I am ready to actively engage in the group; I'm wanting to make behavioural changes in relation to my wellbeing.
- ✓ I have a clear safety plan and I can keep myself safe
- ✓ I have difficulties with regulating my emotions, for example, I experience intense and sudden mood changes which interfere with my life.
- ✓ I may have difficulty with relationships, for example, I might find it hard to maintain consistent and positive relationships.
- ✓ I may have a history of self-harm and this may be impulsive rather than a planned act
- ✓ I have registered with the Sheffield Hallam University Student Wellbeing Service





# Student Testimonials

'This was so helpful, I am excited for next week'



I have learnt valuable skills that have genuinely helped me in my life. I can now live harmoniously with my flatmates

I enjoyed the group aspect and the fact it ran for 6 weeks as it allowed us all to get to know each other

I liked the Mindfulness session in each week



'Thanks so much, that was a great session!'

'Being in a group with people who 'got me' felt great'

# Emotions and Me Course Facilitators



**Victoria Catton**  
Wellbeing Practitioner  
Sheffield Hallam Wellbeing Service