

Decider Life Skills Group

Who is this group for:

- For anyone looking for practical skills to better understand and manage their thoughts, feelings, and behaviours
- Especially helpful for those who feel overwhelmed by strong emotions like anxiety, anger, or stress or struggle with reacting impulsively or feeling out of control

What this group is about:

- The Decider Life Skills group teaches fun, memorable and effective strategies based on CBT (Cognitive Behavioural Therapy) principles
- You will learn 12 practical skills to help you recognise and manage emotions and make wise decisions when you feel overwhelmed
- Helps you to use self-care and communication to build healthy habits
- Increases your emotional intelligence, self-respect and resilience

