

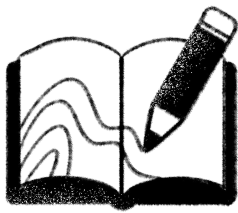
discover Relief's self-management workshops

The self-management workshops are all premised on the same approach, i.e., self-management, to help people learn to live with anxiety, depression or bipolarity, as well as to improve their self-esteem or achieve better balance at work.

what is a self-management workshop?

A self-management workshop is a group-based psychoeducational intervention. Each self-management workshop is composed of 10 to 15 participants and lasts 10 to 12 weeks, with a 2.5 hour meeting each week. The workshop includes theory, practical exercises, discussions as well as assignments to be completed between the sessions.

The self-management workshops were developed through a rigorous process of developing, validating content, and testing workshops, supervised by Janie Houle, psychologist and professor at Université du Québec à Montréal (UQAM). This process required a total of 14,000 hours of work on the part of consultants specializing in psychology and program development, and called on 42 mental health experts.



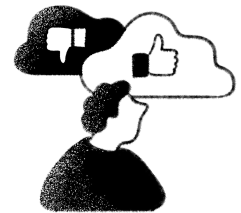
rigor

Quality content
scientifically validated
by experts, researchers,
and participants.



peer support

Support to revive hope
and draw ideas and
strength from the
experiences of others



regaining control

Proactive approach
leading to better mental
health: making lifestyle
choices and prioritizing
actions to take.

what is self-management?

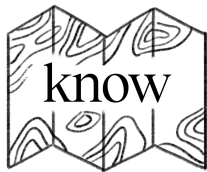
Self-management can be summed up as regaining power over our mental health.

Among other things, self-management includes small everyday actions to get better: taking a hot bath, cooking a good meal, tending to your plants, doing an art project or listening to music.

All of these behaviours help:

- reduce symptoms of depression, anxiety and bipolarity ;
- prevent relapse ;
- improve your quality of life.

self-management in four words



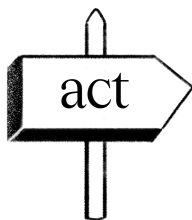
Self-awareness might seem like a no-brainer, but this isn't always the case. It is essential to come to know your strengths, weaknesses, warning signals, and the warning signs of relapse. Self-awareness is also an opportunity to learn more about anxiety, depression or bipolarity, available resources and the various self-management strategies available to you.



What factors influence your well-being, mood or stress levels? This is one of many questions you will have to ask yourself to better assess your health.



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Earlier, we discussed the power to act. Adopting a self-management approach also means taking action by adopting the behaviours you have chosen.