

Living Well with a Skin Condition

5 Session Course

Weekly sessions

Manage physical symptoms

Cope with stress and low mood

Deal with worries about your skin

LIVING WITH A SKIN CONDITION CAN MAKE LIFE DIFFICULT AND STOP YOU DOING THINGS YOU ENJOY. THIS COURSE CAN HELP YOU REALISE YOU'RE NOT ON YOUR OWN, LEARN NEW SKILLS, AND ENJOY LIFE AGAIN.



Book for FREE 0114 271 6568

Find out more at

www.iaptsheffield.shsc.nhs.uk

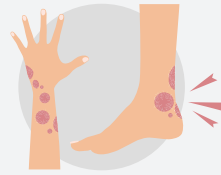


Anaya

Living well with a Skin Condition



Living with a skin condition such as psoriasis, eczema, etc. can feel burdensome.



In some cases stress can contribute to the worsening of a skin condition.



Skin conditions can have an impact on social life, work, and relationships.

Is your wellbeing currently affected by your skin condition?

Are you feeling anxious, low, stressed, or embarrassed?

Have you stopped doing things you enjoy because of your skin?

Do you have worries about the appearance of your skin condition?



Would you like to learn practical ways to overcome symptoms of stress, anxiety and low mood?

You can contact the Sheffield NHS Health and Wellbeing Service to book an appointment with one of our team who can talk to you about the options available for support.

For more information and to book an appointment to speak to one of our team please contact

Sheffield NHS Health and Wellbeing Service on

0114 271 6568



health & wellbeing

Sheffield IAPT
working together to improve your wellbeing



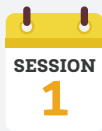
Living well with a skin condition wellbeing sessions are available to all people who are living with a skin condition who would like to learn practical ways to overcome symptoms of stress, anxiety and low mood. The wellbeing sessions can also help to increase confidence in coping with some of the challenges of having a skin condition, and improving general health and wellbeing.



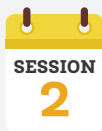
**Five
X
2.5 hours**

Wellbeing sessions are delivered by two NHS professionals.

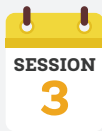
The sessions last 2.5 hours and run once a week over five weeks. You will have the opportunity to meet others living with skin conditions who may share similar feelings and experiences to you.



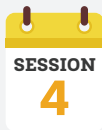
An introduction to the links between skin conditions, stress, mood, and quality of life, and beginning to think about ways of improving your wellbeing.



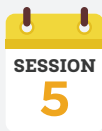
Learning new ways (such as mindfulness) to manage some of the physical symptoms commonly associated with skin conditions, such as itch and discomfort.



Learning some practical techniques for managing skin related stress and low mood.



Gaining support in practicing ways of dealing with unhelpful thoughts related to your feelings about your skin condition, or worries about how other people might see you.



Developing a personal plan to help you to continue to cope with the skin condition in the future.

To book your free place call us on:

0114 271 6568

Additional support is available: don't forget about others who can offer advice and support including your GP, IAPT workers or your consultant.



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