

**NEW**



# Is life losing its sparkle?

**MoodMaster is an upbeat approach to physical and emotional well being.**

Are you ... Depressed ... Anxious ... Irritable ... Angry?  
Do you have trouble sleeping, have difficulty concentrating, problems in controlling your emotions, or is life just losing its sparkle?

## **MoodMaster can help!**

We are planning weekly groups in your area to help you deal with troublesome emotions and give positive, structured sessions to help make your life more enjoyable.

**Every Wednesday 2.00-3.30pm  
(September 11th until November 27th).**

**Venue: Upton Surgery, Tunnel Hill,  
Upton-upon-Severn WR8 0QL.**

For further information call: 01684 312730  
or email: [wellbeinghub@comfirst.org.uk](mailto:wellbeinghub@comfirst.org.uk)

**MoodMaster  
Sessions are  
FREE**

*Come for yourself  
and find out.*



## **What is MoodMaster exactly?**

MoodMaster provides weekly sessions lasting an hour or so, in which you can hear really good information about emotional and physical health. If you think of MoodMaster being to emotional health what Weight Watchers is to weight control, you won't be far wrong.

## **Isn't that a bit 'heavy'?**

Not at all. Sessions are designed to be interesting and relevant, and they are meant to be fun too.

## **What exactly happens at a MoodMaster session?**

Firstly you have a special form to rate how things have been during the week. Then, people who want to, say what they've learned during the week. Then the group leader reads out the information on the week's topic. Finally she gives you the information sheet for you to take away and act on over the next week.

## **You talk about 'physical and emotional wellbeing', but isn't it mainly about emotional things?**

Yes, it is, although the two are very linked. For instance, exercise is very important in stopping depression.

## **So do I have to have 'emotional problems' to come?**

Certainly not. You may do, but you certainly don't have to.

## **Where are the sessions held?**

The sessions will be held every Wednesday 2.00pm-3.30pm (September 11th until November 27th), at Upton Surgery, Tunnel Hill, Upton-upon-Severn WR8 0QL.

## **How much does it cost?**

MoodMaster sessions are completely free of charge.

## **How do I join?**

To book, call 01684 312730 or email [wellbeinghub@comfirst.org.uk](mailto:wellbeinghub@comfirst.org.uk) - all you have to do then is turn up and we will ask the group leader to keep an eye out for you. We hope to see you.