

Bounce back In 6 weeks

Bounce back is a six-week course in how positive psychology can give a boost to your family's mental wellbeing. It is an introductory guide to some of the latest evidence-based techniques from positive psychology that have proven benefits on mental wellbeing within the family.

Bounce back is for anyone who is interested in learning more about practical ways to improve mental wellbeing. It is particularly useful for parents and carers interested in learning new ways to support their own and their children's mental health and happiness.

Bounce back introduces six key themes from positive psychology research. Two themes address positive approaches to your past (character strengths and gratitude), two address positive approaches to the present (savouring and kindness), and the last two themes (hope and meaning) explore how you can use positive psychology to reach your potential. For each theme you are invited to try out practical techniques to boost your own and your family's mental wellbeing.

Bounce back was developed jointly with the Open University, the University of Chester and Ian Platt, a PhD Researcher, at the University of Bolton. Ian will be delivering the course for us in Bolton.

LOCATIONS:

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