

*finding
it tough?*
~~MENTAL WELLBEING
COURSES~~

 ROYAL
AIR FORCES
Association
The charity that supports the RAF family

Are you
struggling
~~coping~~
with
life's ups
& downs?

We can help.

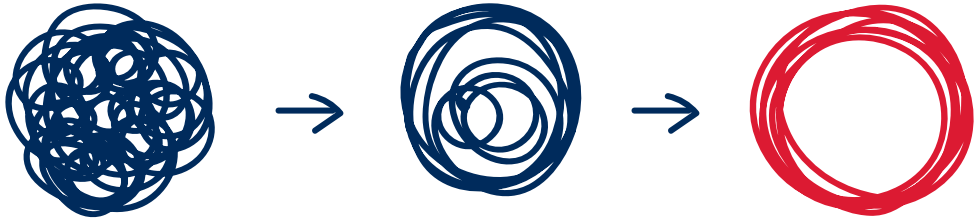


Start the journey today.

Everyday life has its own hurdles to overcome. The ebb and flow of responsibilities and expectations coming from the world around us as well the pressures we impose on ourselves, can at times feel overwhelming.

For those living and working within the RAF family, whether that be as a spouse or partner, veteran, civilian or contractor, other unique factors can sometimes complicate matters even more.





Our Finding It Tough? programme is based on this understanding and recognises these concerns. We know that your sense of wellbeing and mental wellbeing can deteriorate when the familiar cycle of life becomes disrupted or changes. Perhaps it's because of concern over where you might live next; separation during deployment; a loss of purpose and direction since leaving the RAF, or you have concerns about the wellbeing of people you work with. It could be something unrelated to your role in the RAF family, but you might still be finding it tough.

Our training course – six habits for developing resilience – is an opportunity to think about a new way of approaching these difficulties. It's a chance to understand how resilient we can all be, even when life knocks you down. And it's an opportunity to consider the reasons why we think and act in certain ways.

It won't be a magic wand (wouldn't that be nice!), nor a counselling session, but we know – and can show you – that there is a way to get back on your feet and take control of your life. Alternatively, if you are concerned about someone else, it's an opportunity to learn how best to support them.

Our toolbox approach

We will guide you through the essential toolbox – a set of six habits for improving

your wellbeing and resilience – as well as looking at what we mean by positive mental wellbeing. This evidence-based approach encourages you to think about the wellbeing factors which surround all of us. The course will encourage you to reflect on your current thinking patterns as well as your values and what you want in the future.

We will also look at how to open up confident conversations about mental wellbeing; how to ask for help when you or others need it and where to go should further support be required. This is not about making mental wellbeing a fashionable talking point, but instead making it part of your everyday engagement with those around you.

In obtaining a greater depth of understanding around resilience, our aim is to encourage an increased knowledge of mental wellbeing so we can all continue to challenge stigma and promote the thought that recovery and moving forward positively is possible!

What do you need to do to attend?

You don't need any prior knowledge, just be you, with an open mind to new ideas and learning. This will be a supportive environment and a place where no-one will be judged.



~~“Coming to a place near you soon”~~ online

We are holding mental wellbeing training courses online for non-serving members of the RAF family.

Participation is completely confidential.
Book your free place today.

*yes,
it's
free*

Book your place at rafa.org.uk/FIT
Call us on 0800 018 2361
or email FIT@rafa.org.uk



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