

The Bristol Happiness Lectures 2010

7 - 10pm Tuesday 18th May

with *Find Your Power* book launch at 6pm

at St George's Hall,
Great George Street, Bristol BS1 5RR

Positive Psychology Responses to Depression

Natural ways to boost your mood

An evening of positive discovery
offering proven, practical
strategies to improve your
mood and protect
against depression

with

Miriam Akhtar
Dr Phil Hammond
Dr Chris Johnstone



Tickets: £10 (£8 concs) available from St George's Box Office
Tel: 0845 40 24 001 or online www.stgeorgesbristol.co.uk

More information at www.chrisjohnstone.info

THREE TIPS FOR BOOSTING YOUR MOOD

One in two of us are likely to suffer depression at some point in our lives. Here are three strategies that can help you improve your mood and reduce the risk.

1. THE ATTITUDE OF GRATITUDE

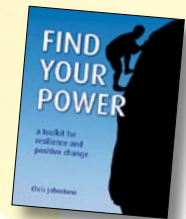
Happiness levels increase when people experience and express gratitude. Positive Psychologist Miriam Akhtar, co-presenter of *The Happiness Training Plan CD*, says "Gratitude is so much more than simply counting your blessings, it's the key to switching from a glass half empty to a glass half full."

2. GET PHYSICAL

Regular physical exercise can be as effective as anti-depressants in the treatment of mild to moderate depression. The National Institute for Clinical Excellence state: "...exercise can be an effective intervention that has a clinically significant impact on depressive symptoms."

3. FIND YOUR POWER

Training in problem-solving and resilience skills strengthens our ability to tackle aspects of life we find difficult or depressing. Dr Chris Johnstone says, "Joy doesn't come from banishing sadness, but from listening to the signals painful feelings offer and then finding our power to improve things". In his book, *Find Your Power – a toolkit for resilience and positive change* (being launched at The Bristol Happiness Lectures), he offers proven strategies that help us do this.



Find out more at:

THE BRISTOL HAPPINESS LECTURES 2010

St George's Hall, Bristol on 18th May

More information at www.chrisjohnstone.info

Printed on recycled paper. This event is supported by NHS Bristol, Bud UK Ltd, The Happy City Initiative and Permanent Publications



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