

STRIVING FOR HAPPINESS: THE MYTH OF CONSTANT JOY

A WORKSHOP WITH SELF SPACE



SELF SPACE

EVERYDAY MENTAL MAINTENANCE

Title:

Striving for Happiness

Duration:

90 minutes

Self Space:

In a world which can sometimes be challenging, frightening, overwhelming, complex and seriously hard to navigate, it's not surprising that sometimes we don't feel ok. Everyday mental maintenance is an essential part of surviving. Self Space offers a contemporary approach to maintaining good mental health. They offer a good conversation with a qualified person, a space to reflect, process and off-load.

What:

Join the Self Space team for a talk and workshop exploring the theme of striving for happiness. Striving to feel 'happy', can often end up with us feeling as if we are failing, it's just not possible to feel 'happy' all of the time. Changing the expectation of what we strive for and accepting how we really feel about what is happening in our lives can be transformative. In this workshop we will explore how we can reframe our expectations, learn to tolerate the difficult feelings and explore how 'it's ok not to be ok'. We'll work with creative and therapeutic techniques that deepen understanding of ourselves which can support us to feel better. The workshop will raise awareness of how making space for our uncomfortable feelings can help us feel more able to reach our potential. Expect an informative & relaxed talk and experiential involvement in a supportive environment with challenge when needed.

Download the Self Space app

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