

How the Mind Works

Four-week course for young people

We've got a question for you, 'Have you ever felt angry, stressed, or sad?' Chances are you have and, rest easy, it's perfectly normal to feel those emotions because this is how your mind works! But wouldn't it be nice if we didn't feel like it all the time?



The human mind is the most complex machine on Earth. It is the source of all thought and behaviour. Look inside and you would only see the gloopy grey matter of the brain, but brain scientists (neuroscience) have begun to map this grey matter to better understand thought and behaviour to help you feel less angry, stressed or sad.

Are you interested to find out more? Do you want to know how your mind works? Over four weeks, Brett Rennolds will be hosting interactive sessions to help you understand how your mind works and what you can do to be calmer, in control and happy. Sign up with MTM for this course starting on Tuesday 28th September, 5pm, and then the following three Tuesdays. Each session lasts about one hour and will be:

1. How the mind works
2. How are you thinking
3. Tools that help
4. You 2.0

Quotes from previous course participants:

- *'The course has really helped me think, feel and behave more positively in these uncertain times'*
- *'I have been stressing less, arguing less ... and smiling more'*
- *'The course was enjoyable, and I learnt a lot'*

Get in touch asap if you are interested in joining this course (young people need to be aged 13 -19). Places are limited!

Contact Sam on 07778 896325 or email

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