

MINDOUT PROGRAMME SESSIONS:

INTRODUCTION SESSION	Minding your Mental Wellbeing
SESSION 1	Boosting Self-Esteem and Confidence
SESSION 2	Dealing with Emotions
SESSION 3	Challenging Thoughts
SESSION 4	Coping with Challenges
SESSION 5	Support from Others
SESSION 6	Walking in Someone Else's Shoes
SESSION 7	Managing Conflict
SESSION 8	Connecting with Others
SESSION 9	Giving and Getting Help
SESSION 10	Making Decisions
SESSION 11	Happiness and Wellbeing
SESSION 12	Program Review
REFERENCES	