

 **Wellbeing Boards**

Welcome, [testpb](#).
You last visited: Today at 2:19 PM

[User CP](#)



















[FAQ](#)

[New Posts](#)

[Search](#) ▼

[Quick Links](#) ▼

[Log Out](#)

Forum	Last Post	Threads	Posts
Messages from The WellBeing Team 			
 Rules & Etiquette	 Wellbeing Board Rules by jen 13-08-2008 12:14 PM 	1	1
 Emergency Help	 Where to get help by jen 13-08-2008 12:15 PM 	1	1
 * Messages	Never	0	0
* WellBeing 			
 How do you feel? Are you feeling stressed, depressed, miserable, numb, irritable, worried? "How do you feel" forum is a place to share how you are feeling, to receive support from other WellBeing members and to lend a helping hand to others. Sub-Forums: Week 4. Do they understand? , Week 7. Causes and triqqers , Week 10. Effects of stress and feeling bad	 Test thread for week 1 by Cyalodin Today 9:56 AM 	3	14
* Feeling Better 			
 What helps, who helps? Are there things that you have tried which make you feel better (less stressed, less depressed, less worried) or worse? Are there people who help (or make things worse)? The "What helps, who helps" forum is a place to share ideas about what to do and what to avoid so that you can feel better. Sub-Forums: Week 5. Three Positives a day , Week 8. Your views on antidepressants , Week 8. Connecting with others , Week 11. Psychotherapy , Week 12. Alternative and lifestyle approaches	Never	0	0
* General 			
 Chit-chat This forum is for chit-chat between members on topics that aren't necessarily about wellbeing or feeling better. For example, perhaps you just want to have a chat about what you did today.	Never	0	0
 Jokes Does humour make you feel good? Know a good joke? Post it here.	Never	0	0
 Creative corner Are you creative? Feeling like sharing your creative efforts with other WellBeing members? Here's where you can post your poetry, short stories, or articles you've written.	Never	0	0
Mark Forums Read View Forum Leaders			