



Case Study: Eliza's (name changed) experience with wellbeing sessions

Eliza, a 48-year-old woman from Poland, has been participating in wellbeing sessions delivered by Sabina as part of the project. These sessions are designed to provide women with a safe space to step away from everyday responsibilities and focus on their own mental and physical wellbeing.

The wellbeing sessions include a variety of activities such as relaxation exercises, yoga, meditation, movement and creative workshops. Led by Sabina, who brings both creativity and a welcoming approach, the sessions encourage participants to connect with themselves and with others in a supportive environment. Sabina's facilitation style fosters a sense of unity and belonging, helping participants feel comfortable and engaged. Eliza explained that the sessions have had a very positive impact on her overall wellbeing. After each session, she feels calm, relaxed, and re-energised. She describes experiencing happiness, restfulness, and a sense of balance that carries into her daily life. Importantly, she looks forward to each new session, highlighting the sustained value and positive routine these activities bring. This case shows wellbeing sessions can provide meaningful benefits for participants, not only by reducing stress and improving mood, but also by creating a sense of community and belonging. Eliza's experience reflects the broader success of the project in supporting women's mental health and wellbeing through accessible, creative, and inclusive activities.

