

Lunch and Learn one hour sessions

Our one hour taster sessions are ideal for raising the issue of mental health and wellbeing in the workplace and provide employees with an introduction to supporting their own emotional wellbeing.

1. Mental Health Awareness

Overall aim: To raise general awareness about mental health and to better respond to our own and other's emotional health needs.

The talk provides an overview of what mental health is, the stigma surrounding it, and the continuum of mental health. In addition, you'll learn about common signs of mental and emotional difficulties or distress, and gain information about stress, the recovery approach, and wellbeing.

2. 5 Ways to Wellbeing

Overall aim: To gain an understanding of what the Five Ways to Wellbeing are and how they can support a person's wellbeing.

The Five Ways to Wellbeing are a set of five, evidence based public health messages about the kinds of activities that individuals can do that are known to increase a sense of wellbeing: Connect; Be Active; Take Notice; Keep Learning and Give. This talk will provide you with an outline of each of the Five Ways including evidence, background, what is wellbeing?, explaining how each of them can be implemented and embedded into our daily lives, and key messages to take away.

3. Mindfulness

Overall aim: To gain an understanding of what mindfulness is and why it's an effective and helpful practice within our daily lives.

The talk explains what mindfulness is and the evidence base behind it, explores the key principles underlining a mindful approach, and offers an understanding of mindfulness practice and how to bring it into our everyday lives. The session will end with an introductory mindfulness practice.

4. Stress Resilience Toolkit

Overall aim: To learn how to build more resilience to stress, identify your triggers and learn new strategies to build better mental health habits.

The talk teaches you how to recognise the early signs of stress and provides you with an understanding of the five pillars framework for building resilience. You'll learn to identify your current stressors and build more positive coping strategies, and to know when to take action to combat stress. By the end of the talk, you will have learned a number of helpful one minute tools to help manage stress in the moment, as well as a selection of longer-term self-care tools, tips and techniques.

5. Good Mood Food workshop

Overall aim: To learn how to eat for better mental health, and gain an understanding of how food and nutrition can affect your mental and emotional health.

The talk gives an overview of the connection between food and mood, as well as offering practical tips. You'll learn ways to eat for better mood and improve mental health; how to eat to maintain energy levels during the working day; ways to eat to reduce stress levels; and how to set sustainable goals for better mental health habits. Finally, we'll teach you to create simple mood enhancing recipes, snacks and smoothies.

Delivery Options

Course Length: 1 hour

Group Size: Available for groups of up to 30 people, or groups of 30 to 100 people.

Delegate Requirements: Delegates must be aged 16 or over

Setup Requirements: Provision of a venue that can accommodate all of the delegates, seated. A room suitable for showing a PowerPoint presentation, a projector, flipchart stand, and flipchart paper. Please note that we do not provide refreshments for these talks.

Course Fees: please email training@bristolmind.org.uk for a quote.