Self-Care and Mental Wellbeing for Workplaces

"Self-care is not an "emergency response plan" to be activated when stress becomes overwhelming. Instead, it is an intentional way of living by our values, attitudes, and actions and integrating them into our day-to-day routines."
lifeinmind.org.au

Purpose:
This two-hour self-care and mental wellbeing workshop will provide the skills and resources to develop an individualised self-care and mental wellbeing plan that encompasses activities to enhance physical, mental, emotional, social and spiritual health on a daily basis.

The workshop will explore the concept of self-care and mental wellbeing, how to identify personal signs of stress and simple strategies that can be used to manage individual stress levels on an everyday basis.

Aims:
- To identify individual stresses and struggles
- To develop a self-care and mental wellbeing plan
- To identify personal supports and resources

Program Outline:
- Self-care and mental wellbeing defined
- The power of internal and external language
- Identifying personal stresses and struggles
- Identifying self-care strategies and activities that enhance wellbeing on a physical, emotional, spiritual, mental and interpersonal level
- Developing a personalised self-care and mental wellbeing plan
- Identifying supportive people
- Finding and using community resources
- Evaluation Questionnaire

Target Audience:
Ages 15 years and upwards.

Duration:
Two Hours

Resources Required:
- Adequate size training room for the number of participants.
- Whiteboard and Smartboard or projector and screen.

Cost:
Up to 15 people $650 plus GST
16 - 25 people $950 plus GST

Other Expenses (Where Required)
Travel, accommodation and airfares

Expressions of Interest
For further information please email: admin@kentishrc.com.au or sharoneo@kentishrc.com.au