

Wellbeing and Resilience

This 3.5-hour workshop explores 7 evidenced based strategies that help people feel resilient and able to manage stress. These principles can be applied to all areas of life and in this workshop, are used to create healthy and happy workplaces.

Suitable for: Anyone with an interest in mental health, recovery or managing stress

Duration: 3.5 hours

Aims and Objectives:

- > To strengthen participants' knowledge of mental health and well-being
- > To develop participants' understanding of resilience and stress
- > Applying resilience principles to life and specifically the workplace

Session Outline:

- > Exploring the difference between mental health and well-being
- > Group activity looking at the New Economics Foundation's research into connection (drama triangle), keeping active, taking notice (Cognitive behavioural psychology and mindfulness), learning, giving, nutrition and being in nature
- > Exploring Paul Gilbert's emotional regulation system and how it impacts our resilience
- > Applying the 7 ways to wellbeing and emotional regulation system theory to daily life and the workplace

Hand-outs are distributed during the workshop and a follow up email pack provides further information and resource materials for those wishing to continue their own learning

Norwich & Central W: www.norwichmind.org.uk
Norfolk Mind T: 01603 432 457
50 Sale Road E: learnwithus@norwich.org.uk
Norwich
NR7 9TP



Norwich & Central Norfolk Mind