

# Mind Mental Health Insights

## Course Overview

These 1-hour short courses are delivered online offering flexibility during working hours and opportunity for substantial numbers of participants to attend via Teams or Zoom. These interactive sessions are suitable for all roles within organisations and provide an initial insight into these mental health topics to support improved understanding for teams and individuals. Sessions can be purchased individually or as a four course package.

## Content Summary

### Session A - Understanding Mental Health

An overview of the mental health landscape and its relevance to individuals

- Recognise challenges to our own mental health
- Challenge the stigma associated with mental health
- Increase tools at our disposal for taking care of our own mental health

### Session B – Understanding Anxiety and Depression

Recognise the differences between natural feelings and mental illness

- Increase your awareness of the signs, symptoms and risk factors for anxiety and depressive disorders
- Explore comorbidity between anxiety and depression
- Create a toolkit for talking about and responding to anxiety and depression

### Session C – Reflecting on Resilience

Reflect on how we build resilience in our personal lives. Learn to identify and manage challenges and understand boundaries, whilst being kind to ourselves.

- Why being resilient plays such an important part of our everyday life
- Understand what resilience is (and what it is not) and to gain knowledge of our own level of resilience
- How to build and improve your resilience

### Session D – Understanding Stress and Burnout

Reflect on stress and burnout, focusing on impact, symptoms and a support toolkit.

- Understand the impact of stress on mental and physical wellbeing
- Increase awareness of the signs, symptoms and risk factors for burnout
- Consider ways to reduce/mitigate burnout

## Requirements for attendees:

- Must be over 18.
- Access to Teams or Zoom
- Access to the internet from a separate device e.g. mobile phone