

## Datasheet – Personal Resilience & Mindfulness

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**The aim of this workshop is to empower the individual with a knowledge & understanding of how their mind works, which enables them to have more control over their emotional state and the levels of stress they experience both at home and at work.**

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### PERSONAL RESILIENCE & MINDFULNESS WORKSHOP (1-DAY)

Course content:

#### Session 1 (AM):

- Introduction
- What is stress and resilience
- Physiology of stress
- Positive stress and performance
- Creating a resilient mindset by understanding thought
- Spotting the signs of stress
- Understanding anxiety, depression and burn out
- Identifying your stressors and what to do about them
- Tips to improve sleep

#### Session 2 (PM):

- Introduction
- Eating to improve mental & physical resilience
- Stress reduction techniques
- The role the mind plays in relation to stress
- Introduction to mindfulness techniques
- Deep relaxation exercise for 'switching off'
- Creating your own stress management action plan

By completing this course, delegates will have:

- An understanding of what resilience is and how they can increase it
- An insight into how their mind works in relation to the stress levels they experience
- Knowledge to make changes in their life, their thoughts, diet and routine to have a positive impact upon their personal resilience and levels of stress experienced
- Ability to spot signs of stress, anxiety & depression in themselves and others
- Skills to support positive mental wellbeing

### POST COURSE

Everyone who completes the course gets a MP3 Download to use which has shown a positive effect upon mood, sleep and general wellbeing.

### FURTHER NOTES

This course can also be shortened down to be delivered in a ½ day and bite sized sessions (i.e. 90 mins) Choose from the content above and we will deliver the course in your desired time frame with the content we are able to cover.



**MHFA England**