learn something new

Feel Well Work Well

You and Your Mental Health at Work

HSC Public Health Agency
HSC Western Health and Social Care Trust
Health Improvement, Equality & Involvement

Aaron Deanes
Wim Hof Practitioner

learn something new

Date:

Wednesday 13th October 2021

Times:

12pm - 1pm

Facilitator:

Aaron Deanes - Wim Hof Practitioners

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in Guided Breathing, Deep Relaxation and Wim Hof informed practice.

Learning Objectives:

- **Develop skills for physical relaxation, mindfulness and emotional wellbeing**
- **Help participants enjoy some self-care, relaxation, guided meditation and a deeper understanding of their internal systems**
- **Understand the importance of breathing in reducing anxiety and helping with mental wellbeing.**

Course Content:

Gentle guided breathing taster session for people of all ages who are keen to develop a deeper understanding of themselves. Guided relaxation, mindfulness, breathing and restoration.

HSC Public Health Agency
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Health Improvement, Equality & Involvement

Dr Colin Gorman
Clinical Psychologist
University of Ulster

learn something new

Date:

Wednesday 15th September 2021

Times:

12pm - 1pm

Facilitator:

Dr Colin Gorman – Clinical Psychologist, University of Ulster

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar which focuses on wellbeing and resilience from a psychological and therapeutic perspective.

Learning Objectives:

- **Recognition of the impact stress has on mental health, become more resilient in work and knowledge of how to implement self-care practices into your work and life**
- **Understand the importance of self-care from a psychological informed perspective and develop strategies for a healthier work/life balance**
- **Information on mental health services and therapies that can offer support.**

Course Content:

- **Understanding stress from a biological, psychological and social model perspective**
- **Strategies that can be used to help reduce symptoms of stress, anxiety and depression**
- **Services available and therapeutic interventions that can help combat mental health difficulties**
- **How to become more resilient in your job using psychological strategies.**

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Martin McLaughlin Teacher / Brazilian Jiu-Jitsu Master

learn something new

Date:

Friday 24th September 2021

Times:

12pm - 1pm

Facilitator:

Martin McLaughlin – Teacher/Brazilian Jiu-Jitsu Master

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in understanding the benefits of engaging in exercise, particularly Martial Arts.

Learning Objectives:

- **Develop an understanding of the physical and mental benefits of Martial Arts**
- **Understand the importance of physical activity in reducing anxiety and depression**
- **Develop more confidence and increased self-esteem through physical activity.**

Course Content:

- **Gentle introductory session to the background of the sport, the benefits and how to improve physical and mental health through structured training**
- **Question and answers with a Brazilian Jujitsu Master.**

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Peter Loughrey
Accredited Counsellor
Clinical Hypnotherapist

learn something new

Date:

Friday 8th October 2021

Times:

12pm - 1pm

Facilitator:

Peter Loughrey – Accredited Counsellor / Clinical Hypnotherapist

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in guided hypnotherapy, deep relaxation and mindfulness.

Learning Objectives:

- **Develop skills for physical relaxation, mindfulness and emotional wellbeing**
- **Allow participants to enjoy some self-care, relaxation, guided meditation and a deeper understanding of their internal working world.**

Course Content:

- **Gentle Hypnotherapy taster session for people of all ages who are keen to develop a deeper understanding of themselves.**
- **Guided relaxation, mindfulness, breathing and restoration.**

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Patricia Cathcart
Accredited Counsellor
Clinical Addictions Specialist
Drugs and Alcohol Specialist

learn something new

Date:

Friday 17th September 2021

Times:

12pm - 1pm

Facilitator:

Patricia Cathcart - Accredited Counsellor / Clinical Addictions Specialist / Drugs and Alcohol Specialist

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in an information session focusing on the impact alcohol, drugs and abuse of prescription medication has on a person's emotional, physical and mental health.

Learning Objectives:

- **To develop skills an understanding of the impact self-medicating, alcohol and illicit substances can have upon someone's life**
- **To help participants explore different ways of coping which does not involve substance misuse**
- **To gain a better understanding of the triggers and warning signs of developing an addiction**
- **To understand the services and interventions available to help.**

Course Content:

- **Information on self-care when struggling with an addiction or developing an addiction**
- **The role drugs, alcohol and prescription medication may have on someone**
- **Understanding the psychology and biology of substance misuse**
- **Positive ways to help and support people with substance misuse issues.**

HSC Public Health Agency
HSC Western Health and Social Care Trust
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William Grant
Yoga Instructor

learn something new

Dates:

Friday 15th October 2021

Times:

12pm - 1pm

Facilitator:

William Grant – Yoga Instructor

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in an online yoga session focusing on relaxation and physical exercise.

Learning Objectives:

- **To develop skills for physical relaxation, mindfulness and yoga techniques**
- **To help participants enjoy some self-care practices.**

Course Content:

- **Gentle yoga for people or all ages and levels of ability**
- **Guided relaxation, stretching and restoration.**

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