



## **Resilience and Wellbeing**

Focusing on our wellbeing, managing stress and improving our resilience are essential if we are going to survive modern day life. With ever present (and often increasing) daily pressures in our professional and personal lives. If our lives go out of kilter, it can become very difficult to find that essential balance which is needed in order to find enjoyment in life.

We have to look after ourselves. Our well-being affects those around us as well as ourselves, so we must take actions to help. Developing the self-awareness to recognise our well-being level is an essential part of self-care. Using tools and techniques for developing resilience, aids the times when we have to deal with difficult periods in our lives.

Being able to understand these tips and techniques also enables us to provide support for our teams, friends and families who may be under different pressures. These practical, focused and highly effective sessions have been developed to support all staff.

### **Course Content**

- Introduction to Health and Wellbeing- duty of care, employee expectations, evaluation of what is working well.
- What can impact our wellbeing, professional and personal.
- Types of ill-health- physical and mental health problems.
- Recognising stress: what is it? What is the source of our stress? How will a stressed person feel? Mentally, physically, behaviourally.
- Mental health- stigma, workplace culture, promoting mental health, role of manager.
- Social wellbeing- security, bullying, harassment, equality and diversity, flexible working, work-life balance.
- Health and safety considerations, shift working, adjustments for diversity.
- The importance of taking steps to come forward and asking for support
- Tips, tools and techniques in developing resilience and managing your own well being and the wellbeing of others.
- Accessing support such as, Occupational Health nurse, Employee helpline, HR etc

### **Who should attend?**

Anybody who would like to identify ways to develop resilience and manage their wellbeing, take control of how they feel and understand more about workplace resilience. Anybody who would like more awareness to be able to help themselves, friends, family, team members to handle stressful times.