



Well Mind focuses on recognising the triggers of stress and the impact that it can have on individuals.



www.nichs.org.uk

Charity Reg No: NIC103593

Company No: NI 18889





Well Mind enables individuals to understand how stress can be managed in a positive way, using tools such as breathing techniques, reframing and mindfulness.

Topics covered:

- Understanding stress and its triggers
- The impact of stress on our body, both physically and emotionally
- Using healthy coping behaviours, including:
 - breathing techniques
 - reframing
 - mindfulness

What's included?

- Online toolkit, including support information and resources
- Access to relaxation audio files
- Group activities, videos and individual tasks

WHAT OUR CLIENTS SAY

"I cannot recommend enough! Definitely changed how I will react in situations. Eye opening."

"I would recommend Well Mind to any organisation to help staff manage stress and learn more about healthy living!"

To learn more about our services visit:

www.nichs.org.uk/WellNI
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