



**Well Mind is a workshop which focuses on recognising the triggers of stress and the impact that it can have on your employees.**





Well Mind will enable employees 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?

- Digital 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](http://www.nichs.org.uk/WellNI)  
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