

# The Circus of Life

## Mental Health Awareness & Resilience

### Course overview

**Stress is the number one cost to businesses in the UK. It is also the first step on the road to mental health issues.**

Around 17 million working days were lost in the UK to sick leave caused by mental health in 2015; an increase of 25% on 2014.

Office of National Statistics 2016

Learning to navigate the business world is a little like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, trust and work with the others in our team, clown around a little and feel the thrills.

This workshop looks at all the demands being placed on today's workforce. It begins by looking at what stress is and how it can lead to physical and mental health issues. After looking in more detail at the different types of mental health difficulties and how to spot them, it then goes on to show employees how to find balance, look after themselves, become resilient and take control of their future – both personally and professionally.

### Results

Delegates will be able to:

- Understand what stress is (medically) and how it can ultimately lead to physical or mental health issues
- Identify mental health issues in themselves and in their colleagues
- Learn a first stage strategy for supporting others in the workplace
- Build up their own resilience
- Understand how to achieve a healthy work/life balance
- Develop a success mindset
- Enjoy ongoing support and development through reusable tools

### Key Topics

- What is stress and how it can lead to physical and mental health issues
- How to spot mental health issues
- Building resilience
- Work / Life Balance
- Success mindset
- Improving wellbeing

### Benefits of attending

- Delegates will understand exactly what stress induced illness is and how it can lead to more serious physical and mental health issues
- Delegates will understand what the different mental health conditions are and how to spot them
- Delegates learn to challenge habitual thought patterns replacing stress inducing language with resilient language
- Delegates identify the stress points in their life and commit to making the necessary changes to help them become more productive in the workplace
- Delegates learn how to take an holistic approach to their well-being thus combatting stress illness
- Reusable tools are provided ensuring sustainability of the training programme

### Who Should Attend

All staff

4 hrs (2 staff sessions can be run in one day if required)