

# Wellbeing News

Keeping you current with mental wellbeing in the workplace

## How are you?

“ We hope you are thriving in 2020! The amount of uncertainty in our lives has increased and, equally the resilience of our mental health [as a society] has been found wanting. However, now is the time to empower ourselves, friends, family and colleagues with the tools to strengthen and nourish our mental health.

We thought that now would be a great to share news and tips on mental health and wellbeing that can support you and your colleagues.

This is also a great opportunity to mention our training products. Many of these are now available online which has significantly increased our reach and expanded our own learning. ”

## New Training Products for 2020:

Mental Health and Wellbeing is our day job, and in this changing landscape our experience has been helping equip organisations and people for the current and new challenges we face. Remember, purchasing great training from us means we can support more people in our community.

### New Training Products for 2020

- Mental Health First Aid – Online
- Sustainable habits for health minds- Online Group
- Mental Health for Managers – Online
- Coronavirus and Mental Health in the Workplace – Online

### Why Not Join us for a 1-Hour Taster Workshop?

- |                         |                           |                          |
|-------------------------|---------------------------|--------------------------|
| Dealing with Stress     | 6 <sup>th</sup> October   | <a href="#">Register</a> |
| Managing Anxiety        | 3 <sup>rd</sup> November  | <a href="#">Register</a> |
| Coping with Bereavement | 30 <sup>th</sup> November | <a href="#">Register</a> |

## Our Training Team



*Louise Corbett*  
Training Lead Worcestershire



*Paol Stuart-Thomson*  
Training Lead Warwickshire



MHFA England

*Our trainers have been through a rigorous training and assessment process to ensure they have the knowledge, skills and values needed to deliver gold standard Mental Health First Aid.*

### Springfield Mind

48 Cygnet Court, Stratford upon Avon, CV37 9NW

Registered Charity 1073391 / Company Reg. 3575529

### Training Enquiries

training@springfieldmind.org.uk

01789 298 615

www.springfieldmind.org.uk

# The mental health emergency

How has the coronavirus pandemic impacted our mental health?

June 2020



The coronavirus pandemic has caused exceptionally challenging and worrying times for every one of us.

The effects of social distancing, lockdown, the loss of loved ones to the virus and the over-consumption of stress-inducing media reports is taking a huge toll on our mental health and wellbeing; and will continue to have lasting effects long after lockdown is over.

I believe it is important for Mind to understand and keep the voices of people with lived experience at the centre of their practices, and welcome this work to understand the impact of the pandemic on people with mental health problems. As things are changing so quickly, it can be difficult to know how best to provide advice and support.

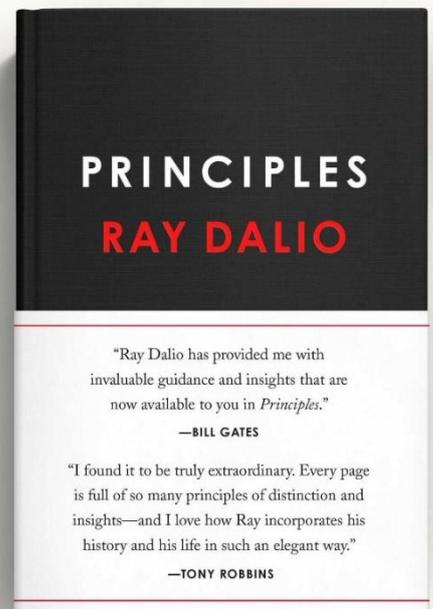
By listening to our experiences, Mind can start to understand how to support us. Whether it's sharing our experiences with policy makers, or using them to develop their information resources, our stories and opinions make their response stronger and ensure our voices are heard; and by sharing the stories and experiences of others, it helps us to know that we are not alone. - Habiba Khan

## Our Latest Read Principles by Ray Dalio

I balked at this when it was first recommended to me, it is a long read and in a previous life, I had many encounters with Multi-billionaire's and World Leaders that left me questioning the fairness of life. However, as I persevered through Ray's book it was more of a rag to riches story that we can all respect. I suspect Ray has managed to keep his feet on the ground and still have compassion and care for fellow humans.

I think everyone can learn from Ray's experience – even if it is just the realisation that we should all find our life purpose and be happy. If you're short on time, I suggest reading the first two sections – his autobiography and his life principles.

Happy reading!  
Paul



# Mind Bites

## Mental Health Webinars



Gain the knowledge, tools and confidence to understand and look after your mental health and the mental health of your team(s).

## Managing Stress

### About this Event

People react to pressure differently. Learning to cope with pressure and handling stress is very important. In this course, you will learn about managing stress and pressure, situations that trigger pressure, and how pressure can become stress. You'll also look at how stress affects you emotionally and physically, and how to respond to it. In addition, you will develop strategies for managing stress that empower you to take control when under pressure.

WHEN: Tuesday 6<sup>th</sup> October 2020 at 1pm

HOW: Via ZOOM, £25 per person.

[Click here to REGISTER NOW](#)

### Coming soon: MIND BITES Anxiety & Covid-19

£25 per person

Tuesday 3<sup>rd</sup> November 2020 at 10am

[Click here to REGISTER NOW](#)

### Coming Soon: MIND BITES Bereavement

£25 per person

Monday 30<sup>th</sup> November 2020 at 1pm

[Click here to REGISTER NOW](#)

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