

1 – DAY MENTAL WELLBEING/ HEALTH IN THE WORKPLACE



Introduction

The COVID-19 pandemic changed the way employers and employees function all around the world. Working from home, worries and fears can lead to stress, and anxiety as well as burnout. These issues have to be addressed and preventive measures put into place, so that employers and employees may obtain a healthy mental wellbeing which leads to increased job productivity and satisfaction.

This workshop is designed to assist individuals, leaders and organisations, cultivate a better mental health awareness, in order to build effective coping skills and act preventive measures against absenteeism, negative productivity and performance. Investing in mental health is just as important as physical health.

Course Objectives

By the end of this course, you will be able to:

- Explain the importance of mental health, and the benefits to individuals/ organisations.
- Illustrate practical strategy to support mental health in individuals/ organisations.
- Determine coping skills to manage stress and build resilience.

Methodology

- Group and individual exercises
- Case studies and discussions
- Short videos
- Presentation

Who Should Attend?

- Managers
- Executives
- Team leads
- Individuals interested in mental health/ workplace productivity issues and solutions



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Course Outline

MODULE 1: INTRODUCTION TO MENTAL HEALTH

- 3 components of well-being
- Mental health overview
- Addressing current challenges and situations
- Overcome mental health stigma

Exercise 1: Reflections

MODULE 2: RELATIONSHIP OF MIND & BODY

- Effects of mental health on body (vice versa)
- Benefits of maintaining mental health:
 - Productivity and performance
 - Mental health contributes to overall team/organisation success
- Video Presentation (Stress + Exercise)

Exercise 2: Body Scan

Exercise 2 (A): Pie Chart

Q & A

MODULE 3: CULTIVATING MENTAL HEALTH IN WORKPLACE

- Ideal working environment for mental health
- Source of mental health problems
- Identify the red flags
 - When to seek for help
- Strategy in promoting mental health in the organisation
 - Role as individual
 - Role as teammate/ colleagues
 - Role as leader

Exercise 3: Action Plan (mental health in organisation)

MODULE 4: DEVELOPING COPING SKILLS

- What are coping skills?
- Coping skills tool-kit
 - How do coping skills benefit your mental health?
 - Coping skills tool-kit
- Video Presentation (Coping Skills)

Exercise 4: Coping skills

Exercise 4(A): Breathing exercise

Q&A

