

ABOUT THIS COURSE

DIET, SLEEP AND EXERCISE



AT A GLANCE:

Course length: 15-20 mins

Video length: 3-5 mins

Languages: English

Mental Health Collection for Employees

Proactive tips to help you stay healthy, mentally.

What's included?

- Bite-size videos
- Interactive exercises
- Knowledge checks
- Workshop guide
- Series infographic

ABOUT THIS COURSE

There are lots of things you can do to take care of your mental health, keeping you feeling good and functioning effectively. In this course, watch how diet, sleep and exercise can be both positive and negative to your mental health and check in with how they might be working for you.

KEY INSIGHTS

- Eat a varied diet and stay hydrated
- Be active
- Sleep well - develop a regular sleep schedule

"In its simplest form, Mental Health is about feeling good and functioning effectively."
Dr Hazel Harrison

WHO AND WHY

For any employee looking to understand how they can nurture their own positive Mental Health.