



STAY CONNECTED AND FIND YOUR FLOW



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

Good mental health - like a good musical sound - doesn't mean all of your levels are set at a 10. Everyone is different and it's about getting the right balance for you, your 'perfect pitch'. Sometimes our minds love to spend time ruminating about the past or worrying about the future, that we miss this moment, right now. In this course, watch how jumping in with both feet can potentially lead to overloading and reflect on what may help you find your flow.

KEY INSIGHTS

- Stay connected and give to others
- Take notice and keep learning
- Find the right wellbeing balance for you

"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.