

KeepingSane®

in a Lunch Box



4 x 50 min Presentations over your lunch time in your workplace

Each session has a take home message you can use TODAY and builds on a series of tools for your 'Less stress tool kit'.

Develop an understanding of the different forms of stress, and how this can affect your mental health.

Help you to recognise how stress effects you and your role and understand that people perceive stress differently.

Understand resilience and provide you with a knowledge of practical mental wellness strategies.

Provide you with the information and tools to promote self-care.

Have an understanding of how to react to stress in a more productive and positive manner.

Finish with a workable, simple and happily anticipated take away plan for 'mental wellness in your workplace'.

**Best presented over 2 or 4 weeks
(no longer than 4 weeks recommended)**

**Delivery of presentation
(4 x 50mins) and
participant resources**

**Prices available on
request**

Maximum 20 participants
(additional costs for larger numbers)

**For more information contact
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