

# Lunch and learn



## One Hour Lunch and Learn Workshops

Blossom at work offers eight one hour stand-alone workshops. These offer informal, bitesize training.

They give your staff the opportunity to add a wellness boost to their working day.

Workshops may be attended individually or together. Half day and full day workshops are available.

The workshops aim to support participants to:

- . Understand how they react to stress and anxiety.
- . Learn how to change their automatic responses to stress and anxiety.
- . Develop behaviours to support flourishing mental health and wellbeing.
- . Develop easy to implement techniques to improve wellbeing & mental health.
- . Implement strategies for handling stress and improving wellbeing.
- . Develop resilience and coping strategies.

Each workshop is designed so

*“Every one of us will have the knowledge, tools and confidence, to understand and look after our own mental health and the mental health of those around us”<sup>1</sup>*

The workshops are interactive, fun, engaging and informative.

Each workshop provides an introduction to the subject, practical exercises and easy to learn tools and techniques for participants to use in daily life.

Workshops are supported by handouts and MP3s, giving participants the tools to practice and explore the subject at home.

## 1) Resilience Revealed

We live in demanding and stressful times and it can be easy to become anxious, stressed and burnt out. This workshop provides practical information, tools and techniques to understand how to reduce stress and become more resilient.

The workshop aims to give participants the tools to:

- . Understand the causes of stress
- . Recognise their own symptoms of stress
- . Recognise the fight or flight response
- . Promote the relaxation response
- . Recognise stressful events
- . Develop coping behaviours
- . Use evidence-based techniques for stress management eg, body scanning, breathing exercises, relaxation

## 2) Resilience Resources

Resilience is the ability to bounce back from challenging situations. Resilient people are able to remain calm and focused during times of pressure, change and uncertainty. This workshop supports participants to maximise their resilience.

The workshop aims to give participants the tools to:

- . Understand resilience and why its important
- . Discover their resilience strengths
- . Appreciate the different aspects of resilience
- . Recognise their own resilience strategies
- . Develop resilience skills and techniques
- . Create a resilience plan

## 3) Finding Purpose

This workshop helps staff to identify their key priorities and develop clear strategies for a rounded and fulfilling life. It supports participants to understand what motivates and drives them, what gives them a sense of purpose and how they can use this at work to improve self-belief and self-confidence.

The workshop aims to give participants the tools to:

- . Discover what purpose means to them
- . Understand why purpose is important
- . Explore purpose vs goals

- . Realise their purpose
- . Commit to their purpose in life in the face of stressful thoughts and feelings
- . Implement techniques for taking action to live a purposeful life

#### **4) Relaxation Matters**

It is not possible to experience stress and relaxation at the same time. Proper relaxation reduces pulse rate, blood pressure and the startle reflex and relaxes breathing and reduces perspiration. Evidence indicates that progressive relaxation is effective for treating muscular tension, anxiety, depression, fatigue, insomnia, neck and back pain and high blood pressure.

The workshop aims to give participants the tools to:

- . Learn to distinguish between tense and relaxed muscles
- . Progressively relax all the muscles in the body
- . Learn how to stay relaxed in stressful situations

#### **5) Demystifying Mindfulness**

Mindfulness skills can work as a remedy for our fast-paced lives. This workshop teaches how to stay balanced in a world that is forever on the go. Mindfulness skills help develop resilience by providing an alternative to automatic responses in stressful situations. In this workshop participants will learn how to become aware of the present moment rather than functioning on autopilot.

The workshop aims to give participants the tools to:

- . Develop self-awareness
- . Understand thoughts and how to step back from them
- . Accept thoughts and the present experience
- . Practical mindfulness techniques that can be used throughout the day

#### **6) Sleep Strategies**

Sleep is important for the brain to function well, for mental wellbeing and general health. This workshop helps participants to identify habits and behaviour which may be affecting their sleeping pattern and explores some evidence-based solutions to help them relax and get a better night's sleep.

The workshop aims to give participants the tools to:

- . Understand sleep
- . Recognise insomnia related behaviour
- . Improve sleep hygiene

- . Become aware of selective attention to tiredness and sleep
- . Develop relaxation techniques and skills for sleep

## **7) Confident Communication**

Communication is an important life skill. This workshop explains the different types of communication. The importance of listening and how to respond in a way that makes your message more likely to be heard.

The workshop aims to give participants the tools to:

- . Improve listening skills
- . Understand communication styles
- . Recognise barriers to communication
- . Develop techniques to take the emotion out of communication
- . Cultivate assertiveness skills

## **8) Caring for the Carers**

People in caring and support roles may neglect their own needs in an effort to help others. They can end up stressed and anxious and may even burn out. This workshop equips participants with the skills to fulfil their role whilst also looking after their own health and emotions so they have the focus and energy they need.

The workshop aims to give participants the tools to:

- . Maintain clear boundaries
- . Establish a healthy work-life balance
- . Manage emotions
- . Sustain good health
- . Cope with difficult situations

