

## Pause and Breathe

**A workshop aimed at raising awareness of stress and anxiety and offering practical tools and strategies, including the benefits and introduction to alternative wellbeing practices. The workshop will also encourage the conversation around how we make small changes to increase overall wellbeing.**

### Background

In 2018/19 602,000 workers suffered from work related stress, anxiety and depression, and 12.8 million work days were lost ( HSE,October 2019). Stress, depression or anxiety accounted for 44% of all work-related ill health cases and 54% of all working days lost due to ill health. The main work factors cited by respondents as causing work-related stress, depression or anxiety were workload pressures, including tight deadlines and too much responsibility and a lack of managerial support.

It was noted that sectors, such as education, healthcare and public administration demonstrated high levels of stress.

### Contents

- Stress, Anxiety and Depression Awareness
- Effects of stress and anxiety on health:The Stress spiral
- The science: Reflection and impulse
- 'Go to strategies' and creating new habits
- Introduction to something different
- Breathing and posture
- Action and 'the pledge'

## Goals and Progression

1. **Further workshops:** Mettaminds offers practical workshops for you, your team and Management teams. We aim to use our expertise to help develop the right programme for you.
2. **First Aid for Mental Health:** Mettaminds offers accredited (QCF) First Aid Awareness of Mental Health and Supervising Mental Health in the Workplace (Levels 1-3)
3. **Workplace Mental Health Coaching:** Most people know what they should be doing for their health, taking breaks, exercise, better sleep. We know what is good for us, but it is incredibly difficult to form healthy habits. Through coaching and our 'We Focus' workshops, we use our software, apps, seminars to assist in behaviour change.
4. **Tai Chi, Meditation and Mindfulness programmes, workshops and classes.**

## Testimonials

"Absolutely loved it. [I have] been looking to do Tai Chi but classes are always booked up. But now I will make sure I find somewhere. Thank you"

" Very interesting, always wondered what it was about".

"Really, really enjoyed it. Will definitely do it at home and maybe a meditation course too"

"It was nice to have some time just dedicated to thinking about me. Thank you".

" Very informative and eye opening. Good ideas to help deal with stress"

"Thank you both for giving your time to us. I think I have learnt a lot our posture and breathing to alleviate stress"