

# TIME TO CONNECT

This year's Mental Health Awareness Week (Monday 9th - Sunday 15th May) is more pertinent than ever with reports suggesting that the pandemic has had devastating effects on our mental health. With the addition of the current global situation, it's no wonder that employees are needing more help than ever to manage stress and anxiety, stay motivated and feel connected.

We're here to support and help you and have put together this sample calendar of events to show how you could mark this important week - but it goes without saying that mental health support is not just for one week a year!



## Events you could run for your employees this Mental Health Awareness Week

	MONDAY MOTIVATE	TUESDAY CONNECT	WEDNESDAY CHALLENGE	THURSDAY STRENGTHEN	FRIDAY SUPPORT
AM	<p><b>Advanced Listening Skills training with Start the Conversation</b></p> 	<p><b>Morning Meditation for connection and healthy breakfast</b></p> 	<p><b>On-site Chair Massage</b></p>	<p><b>Strengthening HIIT session with expert NIKE trainer Courtney Fearon</b></p> 	<p><b>How to Optimise your Mental Health First Aiders training</b></p> 
LUNCH TIME	<p><b>The 6 Ways of Wellbeing Workshop with Najia Bagi</b></p> 	<p><b>Anxiety in the Workplace webinar with Joshua Fletcher aka Anxiety Josh</b></p>	<p><b>Wellbeing Panel Discussion - Challenging the Stigma around Mental Health at Work with Elevate experts</b></p>	<p><b>Learned Optimism the Power of Positivity workshop with Lucy Faulks-Barnard</b></p>	<p><b>The Upward Spiral of Connection keynote with Dr Hazel Harrison</b></p> 
PM	<p><b>Open Coffee and Connect</b></p>	<p><b>End of day Yoga Nidra class</b></p> 	<p><b>Latin Dance Fit with Strictly Come Dancing's Flavia Cacace-Mistry</b></p> 	<p><b>Find your Balance - The Optimum Exercise Routine for Physical and Mental Health workshop with Dr Bernadette Dancy</b></p>	<p><b>Friday wind down - relaxation sound bath with GONG</b></p> 

**BOOK YOUR MENTAL HEALTH AWARENESS WEEK SESSIONS HERE**

0203 051 8298