



A snapshot of our Mental Wellness Toolkit

Give your employees unlimited year-round access to regular LIVE, INTERACTIVE mental health webinars. Aside from the below learning opportunities, we also offer relaxation readings too.

In a world where life seems constantly busy, often stressful, it can be, at times, hard to navigate your way through the days and weeks without feeling as though you have the weight of the world on your shoulders. Work life balance, can be hard to achieve, finding time to relax even harder. These courses are designed to give you tips and techniques to help you cope effectively with stressful and challenging situations.

What's in the Toolkit?

Note the below is just a snapshot and all modules are repeated throughout the year including in multiple time-zones. This is in addition to new content being added throughout the year.

Course
Protecting Your Mental Wellbeing
5 Modules

It is the current buzzword: but what is mental health? What are the signs and symptoms of common mental health problems? And how can we protect our good mental health to keep performing at work?

- **Myth-busting: Understanding Common Mental Health Problems**
- **How to Look After Your Mental Health**
 - Sleep and Relaxation
- **Establishing a Healthy Work life Balance**
- **An Introduction to Mindfulness**

Course
Stress Management
3 Modules

With at least 1 in 3 of us feeling “extremely stressed” at work, learning how to identify and manage stress and avoid burnout has never been more important. This course will equip attendees with simple and adaptable ways to manage stress, that they can incorporate into their daily routines.

- **Understanding Stress**
- **Guided Relaxation as a Tool for Occupational Stress Management**
- **Overcoming Fear and Anxiety**

Course
Mental Health Awareness for Managers
4 Modules

A course designed specifically for those managing employees: understanding prevalent mental health problems in the workplace; spotting the signs and symptoms; knowing how to effectively manage employees suffering from mental health problems and how to approach difficult topics.

- **Understanding Mental Health**
 - **Counselling Techniques**
- **Communication and Performance Management**
- **How to Manage a Busy Workload Effectively and Efficiently**

Plus, Bonus Guided Relaxation Sessions

We recognise the importance of mental wellness in the workplace and its impact on your engagement and productivity. We offer a number of guided relaxation sessions each week, all no longer than 20 minutes. These support your health and focus.

Launching in 2022 is our dedicated SeedL radio station SeedL Chilled. SeedL Chilled is available via SeedL.com and a Smart Speaker. Playing a relaxing mix of music and mental wellness tips SeedL Chilled is designed to promote calmness and focus during your working day.



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