



Anxiety Awareness Lunch and Learn

Poor mental health is common, with approximately 1 in 4 people experiencing poor mental health each year. Research shows that poor mental health can cost workplaces billions of pounds and many working days lost. So it is important that workplaces have a good understanding of mental health and how they can help them during times of need. We spend a lot of time at work, making sure employees feel understood, listened to and supported is a priority.

Anxiety is common and can be caused by many different situations and life experiences.

Our Anxiety Awareness Lunch and Learn gives an opportunity for people to increase their knowledge, whilst gaining tools and tips for recognising and managing signs of anxiety in and outside of the workplace.

Our lunch and learn takes place over one hour through Zoom or a platform of your choice.

What do we discuss?

- What is anxiety
- Possible causes of anxiety
- How does the mind and body react when anxious
- How to help yourself and support those around you with anxiety
- Seeking professional help

How does the lunch and learn run?

Our Anxiety Awareness Lunch and Learn runs for one hour over Zoom or a platform of your choice. The workshop includes a presentation, activities and an opportunity for questions.

How do we book a lunch and learn?

For further information please contact Jodie at Nurture Wellness on: info@nurturewellness.org.uk

