



Happy New Year 2022

January 2022 Issue

We want to wish you a very successful year filled with extraordinary moments and hope! We also want to share that Marina Spevak has recently joined our team and will be delighted to assist you with any Mental Health needs for your workplace. Marina is committed to create a positive impact on workplace wellbeing by focusing on Mental Health.

Minding Your Business (MYB) offers Mental Health First Aid (MHFA) England training and bespoke mental health and wellness courses, presented both online and in-person by accredited instructors. All profits from MYB go to **ESRA Limited**, a mental health charity (number 281004) which focuses on getting people back into work, or remaining in work, after suffering from mental ill health.

MYB is offering online workshops that could be of interest to you and your employees. We suggest purchasing each course/webinar for a minimum of 8 people/max 16, although there is the possibility for many variations of numbers – just ask:

1. Coping With Adversity

Duration: 90 min- 2 hours

About: This interactive workshop is aimed at line managers but can be tailored to staff of all levels, helping delegates to understand what mental health and stress is, how to recognise it, and how to support office and remote staff during the current climate of isolation and social distancing. It also offers the tools and the language to use when managing teams.

2. Your Mental Health and You

Duration: 1 hour

About: Aimed at all levels of staff. In this workshop we explore the emerging signs of poor mental health and how this translates in our day-to-day work life. We dive deeper into the importance of positive mental fitness and how by taking small steps daily, we can improve how your mind and body works and respond to the demands of our new world of work. Having more impactful conversations around challenging mental health concerns, guiding to the right support with compassion and empathy while learning and engaging in healthy coping strategies to support our own mental fitness and wellbeing journey.

3. Effective Listening Skills and How to have Conversations

Duration: 1 hour - 90 min

About: It can be difficult to know where or how to start a conversation when someone is struggling with their mental health. How often do we read that the best way to address mental health in the workplace is simply talking about it? There's no doubt that being able to talk about mental health at work, can help be a reassuring way if offering support, enabling and empowering people to access the right help. Learn to communicate effectively without responsibility to fix or provide a solution. Learn about language and effective questioning and listening strategies. Suitable for all staff and ideal progression training for Mental Health First Aiders and Champions.

4. How to manage stress and your emotions effectively

Duration: 1 hour - 90 min

About: In this workshop we look at the science behind stress and the effect it has on our brains and our bodies. Understand the importance of recognising the early warning signs and impact of stress, and the implications of unchecked chronic stress. We look at a practical set of tools and strategies to enable you to manage and combat stress more effectively.

5. Good Nights- Support to Sleep

Duration: 1 hour

About: Dr. Cecile Bowie explains in both scientific and layman terms why we need help with sleep, especially right now, as the pandemic continues, and why we are experiencing broken sleep and experiencing stranger dreams. Learn to recognise the changes in your sleep pattern and why we can't sleep. At the end of the webinar, you will definitely have learnt a host of tips on how to get a better night's sleep. Aimed at all staff levels.

6. Beating Burnout

Duration: 1 hour - 90min

About: Burnout was classified by World Health Organisation in 2019. According to research performed by Gallup, 76% of employees feel burned out sometimes, while 28% feel burned out often or almost all the time. The costs associated with turnover and lower productivity seen in burnout results in a loss of \$322 billion annually according to the World Economic Forum.

By attending this workshop delegates will understand what burnout really is; recognise the signs and symptoms of burnout approaching; develop skills and strategies to prevent burnout, and how to recover when we are experiencing burnout. Suitable for all staff.

7. Suicide Awareness and Prevention

Duration: 90min or 3-hours

About: We would recommend the 3-hour webinar for those who have someone in their group who has been affected by suicide or who would appreciate time for discussion and learning. The 90-minute workshop is a condensed learning course, covering spotting signs and symptoms of someone who may be considering suicide, understand how and when to support, when to signpost and ask for help, and to give increased confidence in how to have a conversation about suicide.

8. Mentoring MHFAiders

Duration: 90 min

About: All our Instructors are happy to offer mentoring for the 'mentors', giving them additional confidence to discuss and deal with a variety of situations. We recommend that you conduct a survey to find out what they feel they need in terms of support or what area they'd like to expand their knowledge in. Group sizes recommended of 8-10.

Each of the following topics may also be developed into tailored courses.

Topics may include: PTSD, OCD, panic attacks (latter becoming more common with Covid), personality disorders, phobias, self-harm, eating disorders, suicide awareness and prevention, refresh of strategies and support and boundaries. Also, self-care and support. Maximum group size for these specialist workshops would be 8-10.

Other MYB Workshops and Courses

MYB runs Building Resilience courses, and have a pre-recorded webinar lasting 65-minutes which may be purchased and used within the company as many times as is needed, called '**You and Your Mental Health**'.

To access an extract: <https://vimeo.com/mindingyourbusiness/yourmentalhealthpromo>

*The huge **advantage** of running our own MYB courses is that we can tailor each one. Consideration can be made to mixing courses up with different topics, and presenting the workshops for all levels of staff rather than just managerial etc. If there are mental health related topics not mentioned – we know we will find someone to deliver a course on them too! And rather than small groups, our Instructors are fantastic presenters, meaning that we can offer workshops and webinars to large groups of staff.*

Public Mental Health First Aid (MHFA) Courses with MYB

As well as organising company specific Mental Health First Aid (MHFA) courses online and in-person (minimum 8 delegates), MYB runs **regular public courses online** too! You only need to book one place but can book many more (maximum 16 people per course). It's a great way to try out our services and meet one of our fantastic Instructors!

Public MHFA Mental Health First Aider Course Online: This 4-Session course is equivalent to the Two-Day MHFA in-person course, and at the end, all the delegates who complete the course become **MENTAL HEALTH FIRST AIDERS**. Learning is a blended approach of individual homework (four sessions, 2-hours per session) hosted on the online learning Hub, Enabley, and four live instructor-led sessions (3 to 3.5hrs each) which are held either on integrated Zoom in Enabley, or directly on Zoom. *For more details about this course, ask for our 'Overview'.*

2022 Public Online MHFAider Dates - Live Instructor-Led Sessions

February: 22 nd , 24 th February and 1 st , 3 rd March. 9:30-12:30	March: 22 nd , 24 th , 29 th , 31 st 9:30-12:30	May: 3 rd , 5 th , 10 th , 12 th 9:30-12:30
June: Mon 13 th , Wed 15 th , Fri 17 th , Mon 20 th 9:30-12:30	July: 4 th , 6 th , 11 th , 13 th 9:30-12:30	September: 12 th , 14 th , 19 th , 21 st 9:30-13:00
October: 3 rd , 5 th , 10 th , 12 th 9:30-12:30	November: 8 th , 10 th , 15 th , 17 th 9:30-12:30	
<i>Delegates must attend all dates for the full duration and complete the self-learning, for certification</i>		

Public MHFA Mental Health Champion Course Online: In just two live sessions of under 4-hours each (no homework), the Champion course is aimed at line managers wishing to develop their knowledge of the more common mental health issues. Equivalent to the MHFA One Day, the delegates will develop a case study, and gain the knowledge and confidence to advocate for mental health awareness, ability to spot signs of mental ill health and learn the skills to support positive wellbeing.

2022 Public Online Champion Dates - Live Instructor-Led Sessions

March: Tue 8 th and Wed 9 th 9:30-13:15	September: Tue 27 th and Wed 28 th 09:30-13:15
<i>Delegates must attend both dates for the full duration, for certification</i>	

Public MHFA Mental Health REFRESHER Course: Having completed the MHFAider or Champion course about 3 years ago, take a 4-hour refresher to keep your awareness current, update your knowledge of mental health and practice applying the MHF action plan. Confidence boosting!

March: Wed 30 th 9:30-13:30	October: Tue 11 th 9:30-13:30
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The previous pages give you a basic understanding of the courses and webinars we run and a little about them. At MYB, we continue to evolve and change, and update our courses so that they reflect current trends and influences.

As well as Mental Health First Aid (MHFA) courses being provided online for everyone, our business is predominantly MHFA courses and MYB online workshops for companies from every sector you can imagine, and these can be organised online or in-person.

Our own MYB workshops can be tailored to incorporate your companies EAP information and other support offerings (not MHFA). And if you can't see a mental health course that suits your companies needs in our list, we bet we can develop one, presented by one of our fantastic, charismatic and incredibly knowledgeable, Instructors!

For more information and to book

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ESRA Limited is registered in England, company no. 01512263 and registered charity, number 281004

All profits from courses run by MYB go to the charity, ESRA Limited, enabling them to continue working to support clients experiencing mental health difficulties (including stress), to retain or return to employment.

Recent Mental Health Statistics & Info



Poor mental health costs UK employers up to £45 billion each year. This is a rise of 16% since 2016 - an extra £6 billion a year.

On average, for every £1 spent on supporting their people's mental health, employers get £5 back on their investment in reduced presenteeism, absenteeism and staff turnover.

Mental health and employers: the case for refreshing investment by Deloitte, 2020 (above)

www.gov.uk/government/publications/covid-19-mental-health-and-wellbeing-surveillance-report/2-important-findings-so-far

Click the above link for Chapter 2 of the COVID-19; mental health and well-being surveillance report. It is a high-level summary of the COVID-19 pandemic's impact on the mental health and wellbeing of the population in England. November '21