



# **‘You and Your Mental Health’**

## **The Overview**

This pre-recorded webinar is aimed at staff of all levels, and can be viewed by downloading it from vimeo (password protected). Written and delivered by Sarah Ambrose for MYB, Sarah, a Business Psychologist, is one of our trusted and experienced trainers, with a strong background in mental health training.

# 'You and Your Mental Health'

## The Overview

### Who are Minding Your Business?

Established in 2015, **Minding Your Business** (MYB) is a part of the charity, **Employment Support & Retraining Agency Limited** (ESRA), which was founded 40 years ago when the majority of mental health facilities and support networks needed to be disbanded. ESRA's focus remains the same; to get people with mental health challenges back into work, remain in work, or start the journey towards work with help including facilitated training, work experience and support. MYB was developed to provide financial support to ESRA so that the charity could continue to provide its essential service to the community, with 100% of profits from MYB going towards the funding of ESRA.

### What does MYB do & coronavirus

MYB has now been successfully organising mental health courses in the UK for five years, working with an ever increasing and diverse clientele. This includes and is not limited to, major retail groups, software providers, finance and insurance companies, councils, schools, colleges and universities, advertising, marketing and communication groups, legal firms, housing associations, media and film companies, and utility and manufacturing companies.

As well as Mental Health First Aid courses, MYB also runs courses on Suicide First Aid and Resilience, and can arrange bespoke mental health and well-being presentations and talks.

During the coronavirus shutdown, MYB has been developing their business in line with the social distancing regulations which could continue, for quite some time. To compliment our course offerings, MYB can now also offer an interactive two-hour online course 'Coping with Adversity in Uncertain Times'.

*'You and Your Mental Health'*  
In brief

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- Covers: What is our mental health? How we invest in our own mental health. Self-reflection & barriers. Resilience. Self-Care.

- Pre-recorded webinar

- 65 minutes

- One copy = One company

- Hosted on vimeo (password protected)

## You and Your Mental Health

Grab a drink of your choice - close the door – put a 'do not disturb' sign up – plug your headphones in - sit back and press **PLAY!** This 65-minute pre-recorded online webinar is aimed at staff of all levels and looks at how to adjust to the new 'normal'. How can we support our own mental health and adapt to support those around us during these challenging times? What is stress and how do we know what it looks like? What is our mental health? And how can we build up our resilience?

Written and presented by one of our inspirational, trusted and experienced trainers Sarah Ambrose, Sarah talks to us about how to cope with adversity, how we can understand the effect on our mental health, how to understand stress and how it feels, and how to understand our responses to change and how to regain a sense of control.

A superb short course, we look at tangible ways to support well-being and positive mental health by talking, connecting and learning.

Delegates just need an hour (five minutes introduction and 60 minutes course content) to learn about what mental health is and how to support it. The course is aimed at all levels of staff and as many of your colleagues as you wish, may watch this recording at a time and in a location, of their choosing!

### Covered within this webinar course:

- What is our mental health & how can we invest in it in these challenging times
- Understanding Stress, how it feels & what it looks like & how it shows
- Self-awareness and the barriers to self-reflection
- Fear
- What is resilience – adaptability, knowing where to start
- Simple steps towards mindfulness
- Self-Care and the 'Five Ways of Well-Being'
- How to improve our mental health & well-being, & regain a sense of self control

### Contact Us

For a **quote** or to discuss this course further, please contact Judy and Donna:

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