



Managing Mental Health In Uncertain Times

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: In times of uncertainty, changes in life circumstances – such as isolation, work and financial pressures – place a burden on mental health, making it increasingly hard for some to function. Helplessness, stress, fear, restlessness and anxiety are some of the feelings that impede emotional wellbeing.

This seminar is designed for individuals finding it hard to cope in uncertain times. Actionable practices are shared on staying mentally fit when the future is unknown.

Topics include:

- Establishing constructive daily routines – Work & Life
- Setting affirmations
- Self Care | Healthy lifestyle habits
- Unplug – Digital Detox

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.