

**BLMK ICS**

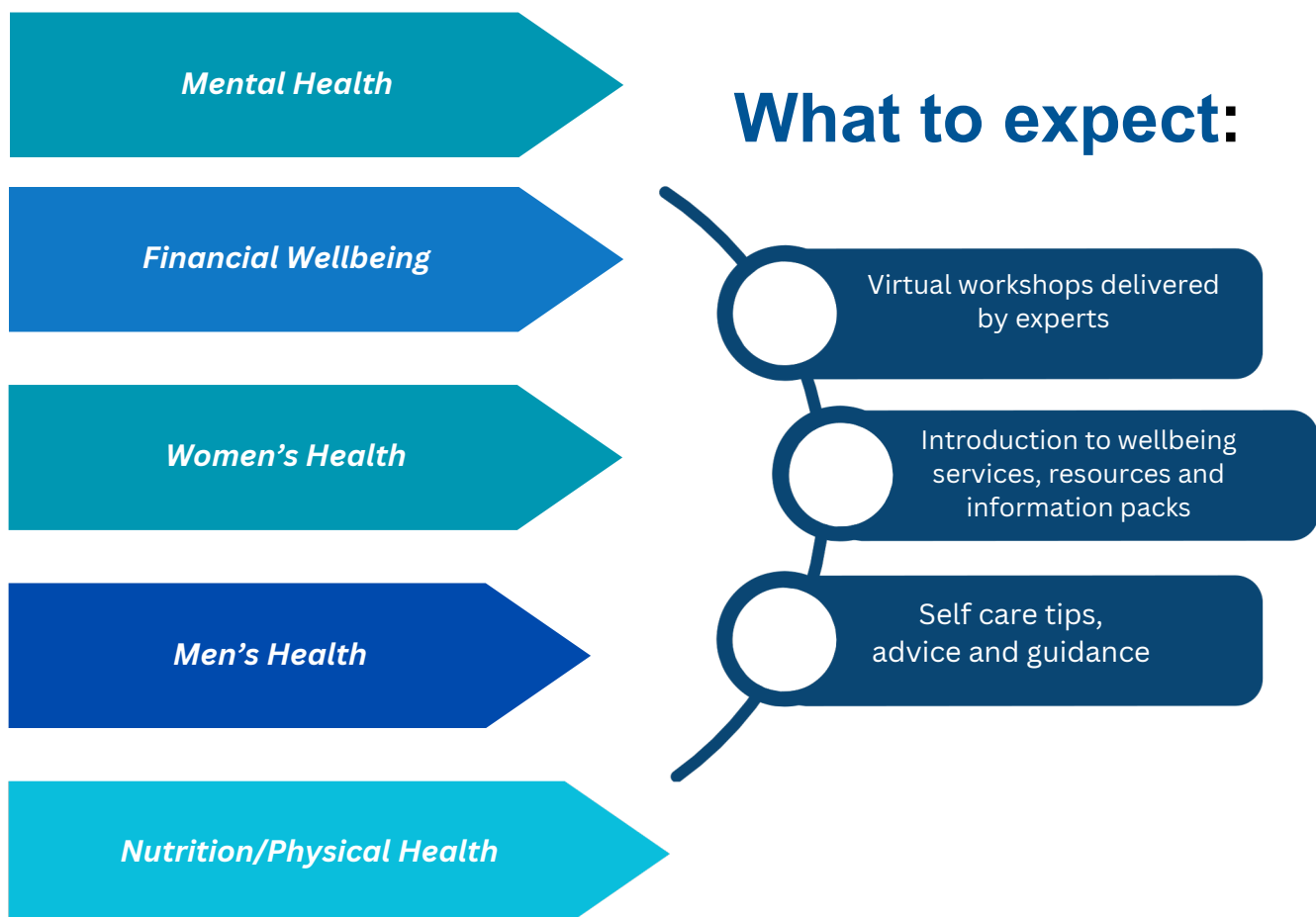
**Staff Wellbeing Festival**

*Workshop Brochure*

*October-November 2024*

# Welcome Message

Join us for the BLMK ICS Staff Wellbeing Festival, a dynamic and enriching virtual festival for BLMK ICS Partners designed to prioritise your health and wellbeing. Launching on the 8th of October 2024, we hope to bring you beneficial webinars led by qualified experts. Over six weeks, we'll dive into essential topics like finance, nutrition, mental health, women's health, and men's health, with engaging webinars that offer practical advice and strategies. This is your opportunity to invest in yourself, gain valuable insights, and connect with a supportive community dedicated to enhancing our collective wellbeing. Let's take this time to focus on what matters most—your health and happiness. Don't miss out on this chance to thrive together!



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# ART FOR MENTAL WELLBEING

*Provider: Wellbeing Partners*

## Session overview:

Engagement with art can make a powerful contribution to a person's mental health. Being creative boosts emotional and psychological wellbeing, helps build self-esteem and can mitigate social isolation and loneliness. This highly interactive workshop combines learning, activity and discussion to help employees find new perspectives.

**Date:** 10/10/2024

**Time:** 12:00-13:00

**Register your interest via the link below:**

<https://forms.office.com/e/kL7tKAKUMx>

### **Wellbeing benefits:**

Engaging in creative activities like painting, drawing, or sculpting can serve as a form of meditation, helping to reduce stress and anxiety. Art provides a safe outlet to express emotions that might be difficult to verbalize.

### **Presented by: Pia Jones**

With 25 years of experience in mental health, creativity and wellbeing, Pia is an integrative arts psychotherapist, published author, creative workshop facilitator and TEDx speaker. Her qualifications include a Diploma and Masters in Integrative Arts Psychotherapy from The Institute for Arts in Therapy and Education, a Certificate in Psychotherapy and Counselling from Regents University, and a BA in Modern Languages from Bristol University.

# BUDGETING AND SAVING

Provider: Bedfordshire Employment and Skills Academy

## Session overview:

This workshop will give you the tools to create a budget for current and future spending and will look at ways to save money. You will be able to: – Plan and manage a budget based on your needs and priorities. – Make informed spending choices based on your budget size. – Look at a range of ways to plan and keep track of incoming and outgoing money.

**Date:** 29/10/2024

**Time:** TBC

**Register your interest via the link below:**

<https://forms.office.com/e/kL7tKAKUMx>

### Wellbeing benefits:

Financial stress is one of the leading causes of anxiety and can negatively impact both mental and physical health. A budgeting and saving workshop can help staff gain control over their finances, reducing uncertainty and worry about money matters.

**Presented by: Bedford Employment and Skills Academy  
(BESA)**

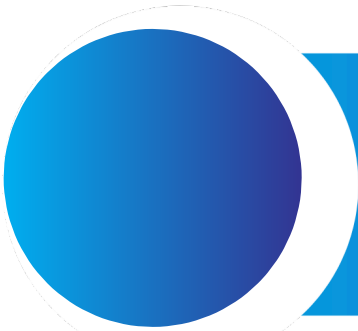
BESA support you to access education and training to build skills that will improve employability, support career opportunities, and enhance wellbeing. BESA delivers a range of short courses, qualifications, apprenticeships and employability support.

# COST OF LIVING SUPPORT

*Provider: Bedfordshire Employment and Skills Academy*

## Session overview:

This workshop will support you with knowledge around the current cost of living rates and support available. Learn how to: – Know where to look for what support is available to you. – Look at some of the organisations offering financial information and advice and how you can save money on bills.

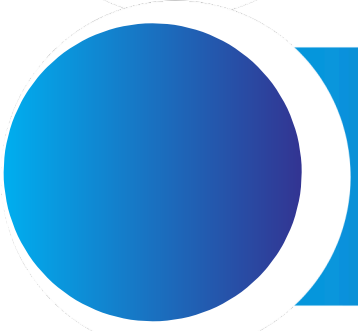


**Date: 28/10/2024**

**Time: TBC**

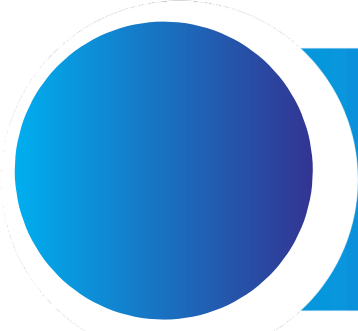
**Register your interest via the link below:**

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### **Wellbeing benefits:**

Informing employees about available resources, such as government assistance programs, employer benefits, or community support services, can help with financial worries. Knowing where to seek help can make a significant difference for those struggling with the cost of living, providing a safety net that enhances their sense of security and wellbeing.



### **Presented by: Bedford Employment and Skills Academy (BESA)**

BESA support you to access education and training to build skills that will improve employability, support career opportunities, and enhance wellbeing. BESA delivers a range of short courses, qualifications, apprenticeships and employability support.

# FOOD AND MOOD

Provider: Total Wellbeing Luton

## Session overview:

This workshop offers a holistic approach to healthy living, focusing on sustainable lifestyle changes rather than quick fixes. The session covers topics such as balanced nutrition, mindful eating, physical activity, and the psychological aspects of weight management.

**Date:** 12/11/2024

**Time:** 15:00-16:00

**Register your interest via the link below:**

<https://forms.office.com/e/kL7tKAKUMx>

### Wellbeing benefits:

This workshop intends to educate staff on the importance of balanced nutrition, regular physical activity, and other healthy lifestyle habits. By incorporating these practices into their daily lives, employees can improve their overall wellbeing, leading to more sustained energy, better sleep, and enhanced focus at work.

### Presented by: Total Wellbeing Luton

Total Wellbeing Luton is a comprehensive service designed to support the health and wellbeing of the community. They offer a wide range of services focused on improving both physical and mental health, with the goal of helping individuals lead healthier, happier lives

# HOW TO IMPROVE YOUR SLEEP

Provider: Wellbeing Partners

## Session overview:

This workshop provides practical steps that employees can take immediately to achieve better-quality sleep. Drawing on scientific principles from non-drug sleep medicine and cognitive behavioural therapy, it explains how to create the ideal conditions for a good night's sleep, the steps required for overcoming insomnia, and how making certain lifestyle changes can improve sleep in the long-term

**Date:** 23/10/2024

**Time:** 11:00-12:00

**Register your interest via the link below:**

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### Wellbeing benefits:

Lack of sleep is closely linked to mental health issues such as anxiety, depression and stress. A workshop that provides strategies for better sleep can help alleviate these issues, leading to improved mood, reduced stress levels and better emotional regulation.

### Presented by: Lou Campbell

Lou is a fully qualified and experienced counselling psychotherapist, sleep therapist and mindfulness teacher. She is a member of the British Association for Counselling and Psychotherapy and the Professional Standards Authority. Lou is also an Instructor Member of Mental Health First Aid England.



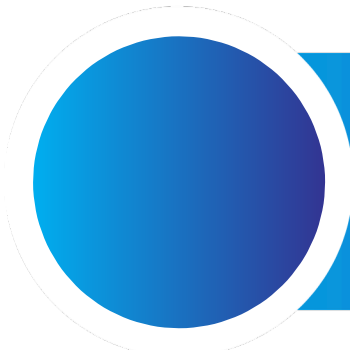
# I HAVE ACHES, PAINS AND BRAIN FOG- IS THIS MENOPAUSE?

Provider: Dr Jennifer Cusack

## Session overview:

Dr. Jennifer Cusack is a GP and Menopause Specialist who will delve into symptoms related to menopause.

This workshop is designed to explore the physical, emotional, and cognitive changes many women experience during menopause. It will provide a clear understanding of the stages of menopause and the hormonal changes that cause common symptoms such as joint pain, fatigue, and brain fog. Participants will learn how to differentiate menopause-related symptoms from other health conditions and when to seek medical advice.

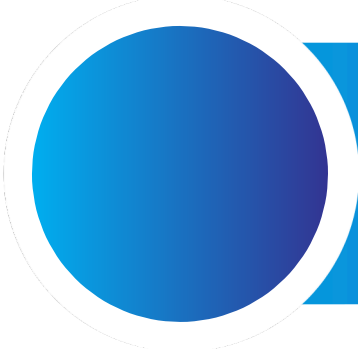


**Date:** 17/10/2024

**Time:** 12:00-13:00

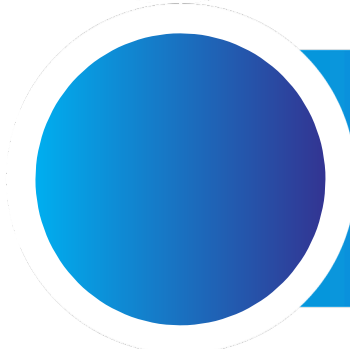
**Register your interest via the link below:**

**<https://forms.office.com/e/kL7tKakUMx>**



### Wellbeing Benefits:

This workshop educates both women and men about what menopause is, its symptoms, and how it can affect daily life. This awareness reduces stigma and creates a more supportive and understanding work environment where employees feel comfortable discussing menopause-related issues.



### Presented by: Dr Jennifer Cusack

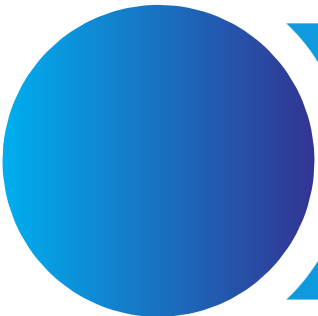
Qualified Aberdeen 2009 MBChB, MRCP (Associate) Dr Cusack graduated from Aberdeen Medical School in 2009. She continued to do her foundation years and general practice training there before moving down to the area. She takes great interest in Women's Health and is a Menopause Specialist.

# LIVING WITH A LONG TERM HEALTH CONDITION

*Provider: Total Wellbeing Luton*

## Session overview:

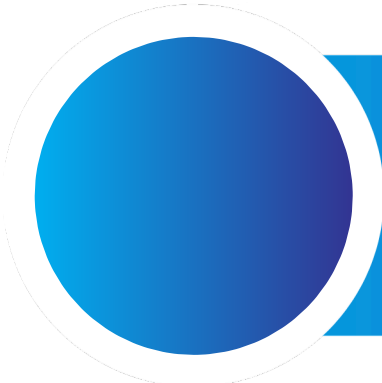
This session focuses on providing support, education, and practical strategies for individuals managing chronic illnesses. The session covers understanding the nature of long-term health conditions, including common challenges and the impact on daily life.



**Date: 24/10/2024**

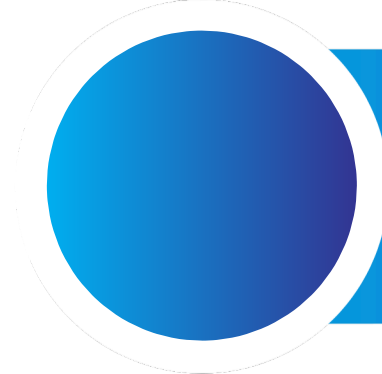
**Time: 10:00-11:00**

**Register your interest via the link below:**  
<https://forms.office.com/e/kL7tKAKUMx>



### Wellbeing Benefits:

Managing a long-term health condition can be challenging, especially when balancing work and personal life. The workshop can provide strategies to help employees manage their energy levels, plan for flare-ups, and communicate effectively with managers about their needs. This support can lead to a better work-life balance and reduced stress.



### Presented by: Total Wellbeing Luton

Total Wellbeing Luton is a comprehensive service designed to support the health and wellbeing of the community. They offer a wide range of services focused on improving both physical and mental health, with the goal of helping individuals lead healthier, happier lives.

# Looking After Your Body- Women's Health

*Provider: Luton All Womens  
Centre*

## Session overview:

This workshop is designed to empower women with the knowledge and tools needed to prioritize their physical and mental wellbeing. Participants will explore key topics such as nutrition, exercise, stress management, and self-care practices tailored specifically for women. The session will provide guidance on creating sustainable healthy habits, understanding the unique needs of the female body, and overcoming common barriers to maintaining a healthy lifestyle. This workshop is ideal for women of all ages who are committed to improving their health and wellbeing in a holistic and balanced way.

**Date:** 15/10/2024

**Time:** 15:00-16:00

**Register your interest via the link below:**  
<https://forms.office.com/e/kL7tKAKUMx>

### Wellbeing Benefits:

The workshop aims to boost self-esteem and confidence by empowering women to take control of their health, while also providing motivation and support from a like-minded community. Additionally, attendees will learn how to maintain a healthy work-life balance, reducing burnout and increasing overall life satisfaction. The focus on creating sustainable, healthy habits ensures that the positive effects of the workshop will be long-lasting.

### Presented by: Luton All Women's Centre

Luton All Women's Centre (LAWC) has been supporting women and girls living in Luton and Bedfordshire since the early 1990s. Offering a wide-range of advisory, information, practical and holistic support services, our aim is to challenge gender inequality and empower women and girls to enjoy lives that are safer, healthier and fairer.

# MANAGING BURNOUT AND STRESS

*Provider: Johanna Hrycak (Milton  
Keynes City Council)*

## Session overview:

Are you feeling overwhelmed, exhausted, or struggling to stay motivated? Join our upcoming workshop on stress and burnout, where we'll dive into what these challenges really are, how to recognize the signs early, and most importantly, how to take control. In this session, you'll learn practical techniques to reduce stress, manage burnout, and build resilience, so you can thrive both at work and in your personal life. Whether you're looking to prevent burnout or find new ways to handle stress, this workshop offers valuable insights and tools to help you regain your balance and wellbeing. Don't miss out on this opportunity to invest in your mental and emotional health!

**Date:** 08/10/2024

**Time:** 10:00-11:00

**Register your interest via the link below:**

**<https://forms.office.com/e/kL7tKAKUMx>**

## Wellbeing Benefits:

By understanding the signs of stress and burnout, employees can take proactive steps to address them before they impact their health and productivity. The workshop offers practical strategies for reducing stress, such as mindfulness, time management, and relaxation techniques, which can improve mental and physical health.

## Presented by: Johanna Hrycak

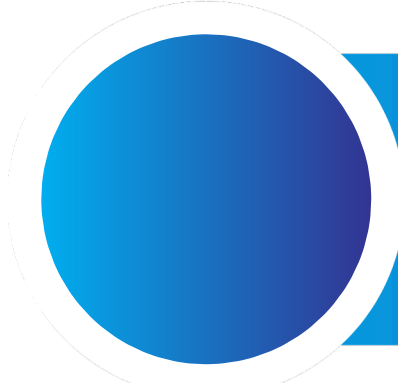
Johanna Hrycak is an Armed Forces Covenant Project Manager at Milton Keynes City Council and a Mental Health England Mental Health First Aid Instructor. She is passionate about empowering staff and providing them with valuable tips and advice on managing stress and a healthy work life balance.

# MENS MENTAL HEALTH

Provider: Wellbeing Partners

## Session overview:

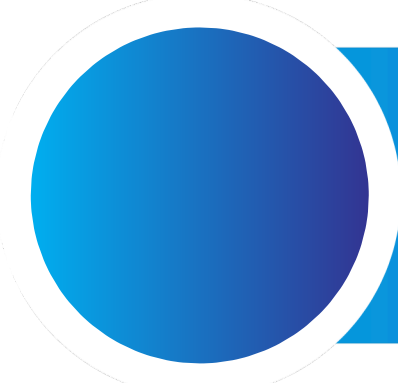
In the UK, men are particularly vulnerable to mental health problems, as confirmed by worrying rates of alcohol and substance abuse, eating disorders, self-harm and suicide. This workshop identifies the issues behind the statistics, and presents the many ways in which men of all ages can look after their mental health more effectively.



**Date:** 06/11/2024

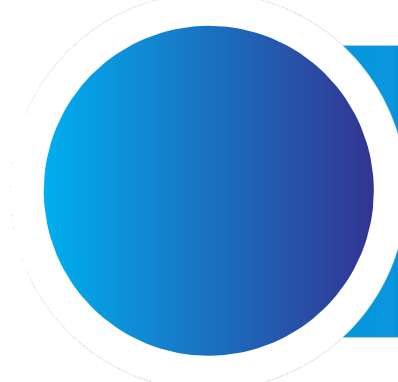
**Time:** 11:30-12:30

**Register your interest via the link below:**  
<https://forms.office.com/e/kL7tKAKUMx>



### Wellbeing Benefits:

This workshop creates a safe space for male employees to openly discuss their mental health, reducing the stigma around seeking help. The session provides tools and strategies specifically tailored to men for managing stress, anxiety, and other mental health issues, which can lead to improved emotional resilience and overall mental health.



### Presented by: James Milford

James is a fully qualified and experienced mindfulness-based cognitive therapist practitioner and trainer and cognitive behavioural therapy specialist, focusing on stress reduction, anxiety regulation, improving sleep, relaxation, mindful leadership, task management, mindful communication and relationship building.

# MENS WELLBEING

*Provider: Total Wellbeing Luton*

## Session overview:

Join us for a Men's Wellbeing Workshop designed to address the unique challenges men face in maintaining their mental and physical health. This workshop will provide practical tools and insights to help you manage stress, improve emotional resilience, and take proactive steps towards a healthier lifestyle. We'll explore topics like mental health, work-life balance, and self-care, all in a supportive and confidential environment. Whether you're looking to enhance your wellbeing or simply want to connect with others on a similar journey, this workshop offers valuable resources and strategies to help you thrive both personally and professionally.

**Date: 05/11/2024**

**Time: 11:30-12:30**

**Register your interest via the link below:**  
**<https://forms.office.com/e/kL7tKAKUMx>**

## Wellbeing Benefits:

Participants will gain practical tools and strategies for managing their health, which can lead to increased resilience, reduced stress levels, and improved overall wellbeing.

## Presented by: Total Wellbeing Luton

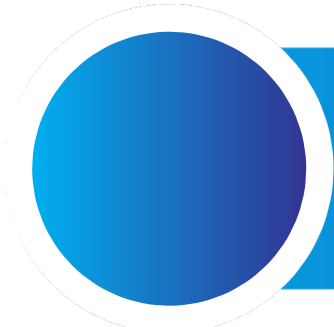
Total Wellbeing Luton is a comprehensive service designed to support the health and wellbeing of the community. They offer a wide range of services focused on improving both physical and mental health, with the goal of helping individuals lead healthier, happier lives.

# MINDFULNESS AND MEDITATION

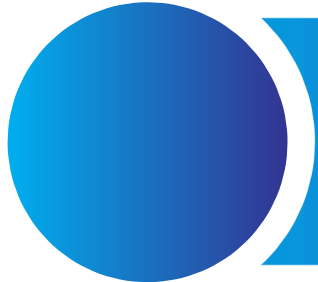
Provider: Wellbeing Partners

## Session overview:

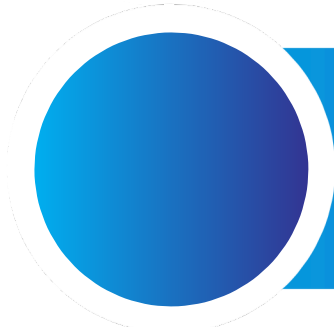
Take a break from the daily hustle and join us for a Mindfulness and Meditation Workshop that will help you find calm and clarity amidst the chaos. In this session, you'll discover powerful mindfulness techniques and meditation practices that can reduce stress, improve focus, and enhance your overall wellbeing. Whether you're new to mindfulness or looking to deepen your practice, this workshop offers practical tools to help you stay grounded, increase your emotional resilience, and bring a greater sense of balance into your life. Come and learn how to cultivate inner peace, reduce mental clutter, and approach each day with renewed energy and purpose.



**Date:** 09/10/2024  
**Time:** 12:30-13:30  
**Register your interest via the link below:**  
<https://forms.office.com/e/kL7tKAKUMx>



**Wellbeing Benefits:**  
Through mindfulness and meditation practices, participants will learn techniques to calm their minds, improve focus, and handle workplace pressures more effectively. This can lead to reduced stress levels, increased emotional resilience, and a more balanced approach to work and life.



**Presented by: James Milford**  
James is a fully qualified and experienced mindfulness-based cognitive therapist practitioner and trainer and cognitive behavioural therapy specialist, focusing on stress reduction, anxiety regulation, improving sleep, relaxation, mindful leadership, task management, mindful communication and relationship building.

# MINDTIME EVENING COURSES

Provider: *Impact Mental Health*

## Course Overview:

Mind Time is a series of evening classes designed for busy individuals who are looking to prioritize their mental wellbeing. These sessions offer a tranquil space where participants can learn practical strategies to calm their thoughts, change unhelpful habits, and better manage their emotions. Perfect for those who can't attend daytime classes, this course provides accessible tools and techniques to enhance mental health and foster a more balanced, fulfilling life. They run over 2 evenings from 6.30pm to 9.30pm and are held on a Tuesday and a Wednesday evening. More information about the course can be found on:

<https://www.impactmh.org.uk/online-courses/mind-time-october-2024-im240301/>

**Date: 08/10/2024 and 12/11/2024**

**Time: 18:30-21:30**

**Registration link:**

**<https://www.impactmh.org.uk/course-calendar/>**

### Wellbeing Benefits:

It's relaxed, and it helps build mental resilience, self-confidence, self-compassion as well as game-changing wellbeing practices you need to put you back in control of your health, and your future. It's free to residents of Central Bedfordshire and Bedford.

### Presented by: Impact Mental Health

Impact Mental Health is a team of experienced peers dedicated to improving your well-being. We offer a variety of educational courses and corporate support services, all designed to address mental, physical, social, professional, spiritual, and emotional needs.



# MOVEMENT, POSTURE AND STRETCHING

Provider: Wellbeing Partners

## Session overview:

Led by one of our fully trained physiotherapists and Pilates teachers, this workshop is ideal for employees struggling with aches and pains. It highlights the importance of good posture in a range of situations at home and at work, and includes interactive exercises for reducing the risk of pain and injury. There is also advice for participants on how best to take work breaks, and how to stay focused throughout the day.

**Date:** 14/11/2024

**Time:** 17:00-18:00

**Register your interest via the link below:**  
<https://forms.office.com/e/kL7tKAKUMx>

## Wellbeing Benefits:

By teaching proper posture and movement techniques, the workshop helps prevent and alleviate musculoskeletal problems such as back pain, neck strain, and repetitive strain injuries. Improved posture can lead to better ergonomics, reducing discomfort and fatigue during long work hours.

## Presented by: Lucie Rayner

Lucie has a first class honours degree in Physiotherapy, is a member of the Chartered Society of Physiotherapists (MCSP), PhysioFirst and is registered with the Health and Care Professions Council (HCPC). She is a member of the Association of Chartered Physiotherapists in Occupational Health and Ergonomics (ACPOHE) and is also a fully certified Pilates Teacher. Lucie has more than 20 years experience in health and physical education and has worked extensively with clients across a variety of sectors including financial, legal and professional services and within the NHS delivering workshops on health, wellbeing and injury prevention management

# NEURODIVERGENCE AND MENTAL HEALTH

Provider: Wellbeing Partners

## Session overview:

Neurodivergent individuals are more likely to experience mental health issues than neurotypical colleagues, with anxiety disorders and clinical depression being far more prominent amongst people with autism, ADD and ADHD. This session explores the intersection of neurodivergence and mental health, and offers practical tips and advice on what approaches and techniques can help neurodivergent individuals manage and improve their own mental health, and flourish in the workplace as well as their personal lives.

**Date: 11/10/2024**

**Time: 11:00-12:00**

**Register your interest via the link below:**  
**<https://forms.office.com/e/kL7tKAKUMx>**

## Wellbeing Benefits:

By fostering open dialogue and reducing stigma, the session encourages staff to discuss health issues comfortably and seek appropriate care. Practical advice on managing daily health challenges, such as stress and work-life balance, helps improve overall health and job performance.

## Presented by: Lucie Rayner

Lucie has a first class honours degree in Physiotherapy, is a member of the Chartered Society of Physiotherapists (MCSP), PhysioFirst and is registered with the Health and Care Professions Council (HCPC). She is a member of the Association of Chartered Physiotherapists in Occupational Health and Ergonomics (ACPOHE) and is also a fully certified Pilates Teacher. Lucie has more than 20 years experience in health and physical education and has worked extensively with clients across a variety of sectors including financial, legal and professional services and within the NHS delivering workshops on health, wellbeing and injury prevention management

# RECOGNISING AND MANAGING STRESS

Provider: Total Wellbeing Luton

## Session overview:

Join us for an empowering workshop on "Recognising and Managing Stress", designed to equip you with essential tools and strategies to handle stress effectively. In this session, we'll explore how to identify the signs and sources of stress, including its physical, emotional, and behavioral manifestations. You'll learn practical techniques for managing stress, such as relaxation exercises, time management skills, and mindfulness practices. We'll also discuss strategies for creating a balanced work-life environment and maintaining emotional resilience. By participating in interactive activities and engaging discussions, you'll gain valuable insights and actionable steps to reduce stress and enhance your overall wellbeing. Don't miss this opportunity to develop effective stress management skills and improve your quality of life both at work and beyond.

**Date:** 22/10/2024

**Time:** 10:45-11:45

**Register your interest via the link below:**

**<https://forms.office.com/e/kL7tKAKUMx>**

### Wellbeing Benefits:

This session aims to help employees identify early signs and sources of stress, enabling them to address issues before they escalate. Through practical techniques such as relaxation exercises, mindfulness, and time management strategies, the workshop equips participants with tools to manage stress in a healthy and proactive way.

### Presented by: Total Wellbeing Luton

Total Wellbeing Luton is a comprehensive service designed to support the health and wellbeing of the community. They offer a wide range of services focused on improving both physical and mental health, with the goal of helping individuals lead healthier, happier lives.

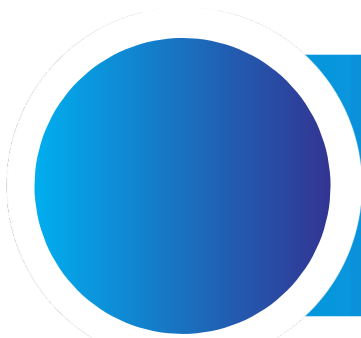
# UNDERSTANDING MENOPAUSE

*Provider: Total Wellbeing Luton*

## Session overview:

Join us for an enlightening workshop on Understanding Menopause, where we'll dive into everything you need to know about this significant life transition. Whether you're experiencing menopause yourself or supporting someone who is, this session will provide valuable insights into the physical, emotional, and mental changes that occur during this time. We'll explore practical strategies for managing symptoms like hot flashes, mood swings, and sleep disturbances, and discuss the long-term health impacts of menopause. Empower yourself with knowledge, learn how to navigate this stage with confidence, and discover how to maintain your wellbeing and vitality during and after menopause.

Don't miss this opportunity to gain a deeper understanding and connect with others on a similar journey.



**Date: 14/10/2024**

**Time: 12:00-13:00**

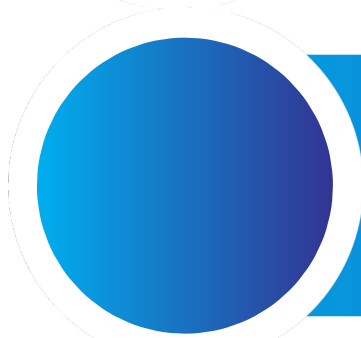
**Register your interest via the link below:**

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### **Wellbeing Benefits:**

This workshop educates both women and men about what menopause is, its symptoms, and how it can affect daily life. This awareness reduces stigma and creates a more supportive and understanding work environment where employees feel comfortable discussing menopause-related issues.



### **Presented by: Total Wellbeing Luton**

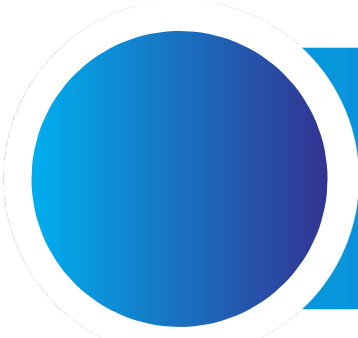
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# UNLOCK MENOPAUSE COURSE

*Provider: Impact Mental Health*

## Course overview:

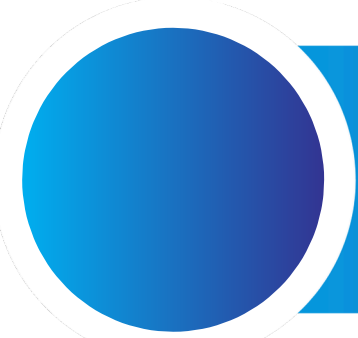
The **WKND Unlock Menopause Course** has been designed for busy women unable to join us on our regular courses. Our aim is to support, inform and educate those who want to have a better understanding of what is happening to their bodies and minds, whilst learning what can be done to ease some of the more common symptoms associated with Menopause.



**Day 1 – Saturday 18th Oct, 2024 9:30-3:30pm**  
**Day 2 – Sunday 19th Oct, 2024 9:30am - 3:30pm**

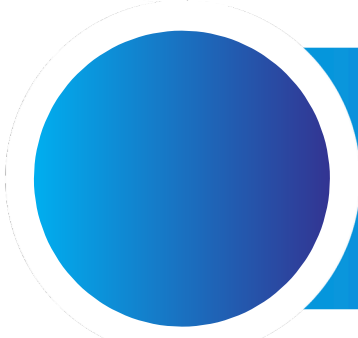
### Registration link:

[https://www.impactmh.org.uk/mental-health-training-courses-and-services/unlock-menopause/#enrolment\\_dates](https://www.impactmh.org.uk/mental-health-training-courses-and-services/unlock-menopause/#enrolment_dates)



### Wellbeing Benefits:

Unlocking the taboo, myths and negativity around Menopause really can help you to regain focus, embrace hope and start enjoying life in a new way! We know that many women who are struggling to manage symptoms of perimenopause and menopause are often juggling working full time, caring for families as well as trying to navigate the overwhelming changes happening to our bodies.



### Presented by: Impact Mental Health

At Impact, we all have personal experiences and understanding of how overwhelming it can feel not knowing where to turn for help, especially when it feels like no one understands the struggles and challenges of everyday simple tasks caused by a never ending stream of menopausal symptoms that can significantly impact on our coping abilities. We are women who have or who are experiencing change brought about from Menopause.

# WINTER WELLNESS

Provider: Total Wellbeing Luton

## Session overview:

Embrace the season with our Winter Wellness Workshop and discover how to thrive during the colder months! As winter brings its own set of challenges, this workshop will equip you with practical tips and strategies to stay healthy, energized, and positive. From boosting your immune system and maintaining mental health to adapting your diet and exercise routines, we'll cover everything you need to navigate winter with ease. Join us to learn about seasonal self-care practices, effective ways to combat the winter blues, and tips for staying active and well-nourished. Let's make this winter the best one yet by prioritizing your wellness and embracing the season with a renewed sense of vitality.

**Date: 13/11/2024**

**Time: 12:00-13:00**

**Register your interest via the link below:**

**<https://forms.office.com/e/kL7tKAKUMx>**

### Wellbeing Benefits:

By offering practical tips for boosting immune health, maintaining mental and emotional balance, and adapting dietary and exercise routines, the workshop helps employees stay healthy and energized throughout winter.

### Presented by: Total Wellbeing Luton

Total Wellbeing Luton is a comprehensive service designed to support the health and wellbeing of the community. They offer a wide range of services focused on improving both physical and mental health, with the goal of helping individuals lead healthier, happier lives..

# WORK-LIFE BALANCE

Provider: Total Wellbeing Luton

## Session overview:

This engaging session is designed to help you navigate the challenges of juggling work demands with personal commitments. We'll explore practical strategies for setting boundaries, managing time effectively, and prioritising self-care, all while enhancing productivity and reducing stress. Learn how to create a balanced routine that supports both your career aspirations and your personal wellbeing. Join us to gain actionable insights, share experiences with colleagues, and take actionable steps towards a more fulfilling and balanced life.

**Date: 09/10/2024**

**Time: 16:00-17:00**

**Register your interest via the link below:**  
<https://forms.office.com/e/kL7tKAKUMx>

### Wellbeing Benefits:

Participants will gain practical insights into creating a balanced routine that supports their professional goals while also nurturing personal health and relationships. This improved balance leads to increased job satisfaction, enhanced productivity, and overall mental and emotional wellbeing.

### Presented by: Total Wellbeing Luton

Total Wellbeing Luton is a comprehensive service designed to support the health and wellbeing of the community. They offer a wide range of services focused on improving both physical and mental health, with the goal of helping individuals lead healthier, happier lives..

# **ADDITIONAL SUPPORT SERVICES**



# ACCESS TO WORK MENTAL HEALTH SUPPORT SERVICE

## ARE YOU **BURNT OUT** AT WORK?

**Burnout** is emotional, mental, and often physical exhaustion caused by ongoing or repeated stress.

### Common symptoms include:

- Decreased productivity
- Exhaustion or sleep disturbances
- Difficulty concentrating
- Isolation and detachment.

We can **help you** with:



Sleep and fatigue  
management



Mindfulness  
exercises




Workplace  
adjustments




Overcoming  
negative thoughts

The **Access to Work Mental Health Support Service** can help you to feel better at work, at **no cost to you**.

**Sign up now** 

 [atw@maximusuk.co.uk](mailto:atw@maximusuk.co.uk)

 0300 456 8114

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Department  
for Work &  
Pensions



For alternative formats, email [marketing@maximusuk.co.uk](mailto:marketing@maximusuk.co.uk) quoting 24-1773

# WANT TO KNOW MORE?

For any questions or enquiries regarding our Staff Wellbeing Workshop Brochure, please do not hesitate to reach out to us at [blmkicb.teamodi@nhs.net](mailto:blmkicb.teamodi@nhs.net). Our team is here to assist you with any information you may need about our workshops or to address any specific queries you might have. We look forward to supporting your journey towards enhanced staff wellbeing and ensuring that you have all the resources necessary to make the most of our offerings.

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