



The Mindtemple Institute’s training programs are upstream interventions that help employees prevent mental health problems.

1 in 4 people will be affected by mental or neurological disorders at some point in their lives. In today’s times, the impact of COVID 19 on mental health of millions is unprecedented.

In this course we help participants understand the causes and learn to spot signs and symptoms of common mental health disorders in self and others. Additionally, we share essential tips for leading a mentally healthy lifestyle generally and during the pandemic.

**Audience:**

Employees, teams, managers, senior leaders

**Delivery**

Webinar using zoom or any other platform

**Facilitators:**

1 experienced psychologist who has master’s degree in Psychology



## Topics

### Introduction to mental health

- Definitions
- Statistics
- Mental health and work
- Mental health during the times of Covid-19

### Common mental disorders

- Biopsychosocial model of mental health
- Stress
- Depression
- Anxiety
- Myth busting

### Helping others

- De-stigmatization
- First aid for mental health - ALGEE

### Strategies for better mental health

- Exercise
- Social Connections
- Gratitude
- Kindness
- Pleasant Activity Scheduling
- Savouring
- Mindfulness/Meditation