



## Peter Christison & Associates Workplace Health Consultancy and Training

Promoting *healthy minds in the workplace at organisational Managerial and employee levels*

**Training:** *Mental health subjects, stress, resilience, and health promotion*

**Retaining and returning** *the workforce suffering adverse stress or mental ill health in the workplace,*

**UK wide:** *Training Workshops, Seminars, Strategies & Projects*

*Case Management Service, Assessments, Protocols, Policies*

*Author of 'Healthy Minds in the workplace' toolkit and training programme.*

### Fact sheet 3 An Innovative Well Being and Stress Management workshop/training course

(Part of the 'Healthy Minds in Your Workplace' series)

#### Content of this fact sheet

- ✚ **Background**
- ✚ **Recession busting packages- 2 hours, 0.5 day or 1 day**
- ✚ **Topics covered with detailed content topic list**
- ✚ **Named testimonials from evaluations**

The impact of recession is well known in economic and life style terms; the affect on the population's health while equally is understood there are strategies and practical approaches that can be learnt to ameliorate the possibility of severe anxiety and possible mental illness.

Many individuals and employers are not aware of:

- ✚ Signs and symptoms of adverse stress, anxiety or common mental health problems
- ✚ Have practical steps to combat and or reduce their adverse stress and promote their well being
- ✚ Most organisations do not have procedures or training in place that can be effective until the employee goes off sick or has to be seen by Occupational Health; if appropriate.
- ✚ The cost of and damage of presenteeism, that is reduced productivity due to ill health whilst at work, is significantly higher than sickness absence; December 2007 SCMHS £1035 per employee per annum due to mental ill health.

#### Recession busting packages

We are very conscious that any employer has a number of priorities in difficult economic times for the survival of their business and for themselves personally. Apart from the economic survival we are aware that the health of the workforce is key for the success of the organisation.

We have developed short focussed **practical** well being and stress busting packages at low cost for employers to implement 'in house' or collectively with other employers. Our inter active learning can be:

- ✚ **2 hour workshops for employees**
- ✚ **0.5 day training for managers\* and employees -1 day is available**
- ✚ Group size ideally no more than 16 for maximum learning in each case
- ✚ **See our 'cost without compromise' course information on our website, or on request for 'open' training option**

No theory just **practical** techniques using : well being ,stress ,and cognitive function menus

**Topics that can be covered** depending on which package you choose; these are also the aims and objectives

- ✚ Brief overview of what is adverse stress
- ✚ Knowing signs and symptoms of adverse stress and mental ill health,
- ✚ Becoming familiar with your own symptoms and what triggers these; taking evasive action
- ✚ Over view of risk factors for adverse stress in your personal life and in the workplace
- ✚ What are the resilience or protective factors to prevent adverse stress, including being aware of your own
- ✚ Learn a menu of thorough practical Well being techniques to use 24/7, to promote mental well being and practice to prevent the triggers for and adverse stress and depression from the following menu:

- Physical tension relieving exercises including for shoulders and neck
- Different breathing exercises
- Visualisation relaxation exercises
- Principles of Mindfulness
- Your own reward system, what and implementation
- The role of self- discussion, how when and where?
- Challenge negative thinking, CBT techniques
- Sleep problems-some tips on how to combat these
- 'There is no time' You control time not time controlling you
- The importance of Exercise with ideas of types for all
- Taking an effective lunch break-what to do and what not to do
- The daily' switch off' with your partner/friends- practical suggestions : how and when ?
- Over view of food and drink – includes impact of alcohol and caffeine advice
- Nutrition and stress
- Tips for lone workers
- What am I thinking when I travel to and from work- more 'switch off' techniques?
- Avoiding and managing conflict

- ✚ When and where to put these into practice
- ✚ Evaluating what works for you, and tracking your progress

### **What some delegates said who attended these two types of sessions**

*'I enjoyed the practical recommendations and how it applies to me, interesting, pacy, and supportive course'* **Carole Thompson HR advisor Surrey Probation Service**

*'Very useful and provided info and techniques I wouldn't otherwise know'* **Faith Jones Case Administrator Surrey Probation Service**

*'Thought-provoking and certainly of benefit to anyone in full time work'* **Sam Fuller Environment Officer Environment Agency East Anglia**

*'Very good course! Much clearer understanding of stress and how to manage it than before I attended. Positive feedback from all present'* **Nick Hesp Team Leader East Anglia Region Environment Agency**

*'The trainer was able to address any issues'* **Angela Jefferies Surrey Probation Service**

*'Excellent coverage in 2 hours, trainer was very interactive'* **Frank Saunders Environment Manager Environment Agency East Anglia**

### **Abridged Biography of the trainer**

**Peter Christison** has worked for over 20 years in the business sector, 10 years in the public and voluntary sectors and has gained over 18 years experience delivering and designing training to all these sectors.

He has worked in the mental health field for over 18 years, and was a Mental Health Promotion Specialist in the NHS for 4 years where he researched and wrote 'Healthy Minds in your Workplace' toolkit and training Programme. The toolkit was used by one of the HSE pilot sites for the development of the HSE Stress Management Standards.

The majority of this programme was used for the £5.8 Million 'Healthy Minds at work' project throughout Wales in 2004-07.

He has written articles published about promoting workplace mental health in national journals including: the Health Service Journal (HSJ) and 'The Professional Manager' the magazine of the Chartered Management Institute.









He offers a job retention case management service in the Sussex, South and East Hampshire and Surrey. **Further details of his experience associates and client list available on request.**

For further information of availability, terms and conditions contact Peter Christison in confidence without obligation.

**Phone (01903) 742434 or 0778 78 66339**

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### **Other training fact sheets of training available in the 'Healthy Minds in your Workplace' series**

-  Mental health awareness 0.5 day training for line managers TFS 1
-  Resilience skills and managing complex behaving customers : TFS 2
-  Healthy Call centres includes managing complex behaving customers TFS 5
-  Remaining in or returning to work with common mental health problems or stress: TFS6
-  Our services and training topics menu : TFS 7
-  Job retention 2 day training TFS 7
-  Case management service ( Stress and mental ill health only): TFS 8
-  Taking effective lunch breaks TFS 14

**We also have training fact sheets in 'Mental Health and Behaviour' Series**

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**Bespoke and 'off the shelf' UK wide consultancy and training services**  
**For a complete range of our consultancy and training services, download our PDF fact sheet 7**

**'Our services and training topics menu from our website or on request**

**32 Timberlands Storrington W. Sussex RH20 3NF.**

**[www.healthymindsinyourworkplace.com](http://www.healthymindsinyourworkplace.com)**

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