

# "YOU GOT THIS!" MENTAL WELLNESS WORKSHOPS



## Topic 1: How to manage anxiety

Do you experience sweaty palms, a racing heart, feelings of inadequacy and doubt?

The goal of this workshop is to help you effectively manage anxiety.

Topics covered include:

- Understanding anxiety
- Anxiety busters - strategies to minimise or prevent anxiety
- The role of worry and how to manage it effectively.

## Topic 2: How to rise up!

Are you struggling to find the energy, drive and reason to keep going?

This session will help you learn how to ignite and keep your motivation.

Topics covered include:

- The importance of motivation
- What is holding you back?
- How to find your energy and drive, and how to maintain it.

## Topic 3: How to jump over hurdles

Life can throw hard curveballs at you. How can you cope?

The goal of this session is to help you learn how to use your strengths in dealing with challenging situations.

Topics covered include:

- What is resilience and where does it come from?
- What prevents us from being able to bounce back?
- Stress - the good kind
- Strategies to build resilience
- How to manage challenging situations and changing environments.