

# Keeping mentally well whilst working from home

## Wellbeing in the Workplace: Online Offer

With the UK now facing unprecedented isolation measures, working from home has for many, suddenly become a daily staple of working life. Home working does not have to mean a drop in productivity, however for those who are new to working remotely, it can be a very challenging and isolating experience. That combined with the everyday pressures of a pandemic and limitations on seeing family and friends, means that businesses and organisations of all sizes need to consider more than ever the mental health and wellbeing of their staff.



Here at Bath Mind, we can support your organisation and employees in these unprecedented times through our online Wellbeing in the Workplace scheme, which will maximise the mental health and wellbeing potential of your team and help identify problem areas, give tools to manage challenges and build resilience.

Looking to find out more and secure your session? Contact Hannah at [hannahroper@bathmind.org.uk](mailto:hannahroper@bathmind.org.uk) for further information and availability.

# Bath Mind's Online Offer

## New Online Workshops

90 minutes, 2 hour and 3 hour online CPD sessions including a variety of topics:

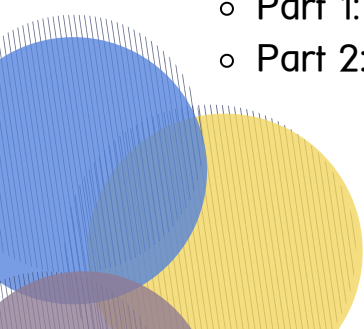
- tips to deal with isolation
- anxiety relating to COVID-19
- tips to keep well whilst working from home
- keeping in touch with colleagues and our support network and making the most of technology to stay connected
- juggling and balancing life priorities
- tips to keep moving
- how managers can support their teams remotely
- nutrition and the effect on your wellbeing

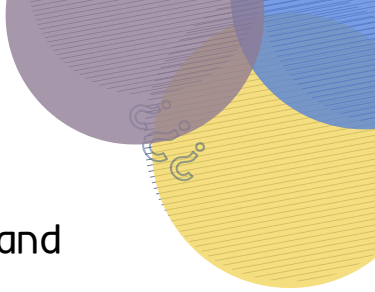
We can tailor these workshops to fit your organisational needs and create [bespoke sessions to tackle the challenges your teams are facing](#). Sessions will be interactive including group exercises, case studies and useful resources and will facilitate open conversation on how teams can support each other with their wellbeing.

## Our Existing Offer Now Online

Bath Mind deliver existing bespoke mental health training for businesses and organisations under the Wellbeing in the Workplace scheme. This can be anything from a 1 hour overview on Mental Health Awareness to a full day of in-depth Managers Training, all tailored to fit the needs of the organisation.

- Mental Health at Work - for Employees
  - Part 1: Workplace Mental Health Awareness
  - Part 2: Being a Workplace Wellbeing Champion



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- Mental Health at Work for HR and Managers
    - Part 1: Workplace Mental Health Awareness for HR and Managers
    - Part 2: Mental Health Conversations for HR and Managers
  - Mental Health Awareness for Frontline Staff & Volunteers
    - Part 1: Mental Health Awareness & Conversations for Frontline Staff & Volunteers
    - Part 2: Suicide Prevention and Intervention
  - Supporting Student Wellbeing: for staff in education
    - Part 1: Mental Health Awareness for Students and/or Staff
    - Part 2: Supporting Students and/or Staff in Mental Health Crisis

## Online Mindfulness Sessions

These sessions would last 1 hour each; with 1 - 3 sessions involved.

These sessions will introduce your colleagues to the power of simple, mindfulness practices that calm the autonomic nervous system, focus the mind and lift mood. We share the [brain science behind mindfulness](#) and help participants start or develop their mindfulness practice for improved wellbeing and productivity.

## Online 1-1 or Team Wellbeing Coaching

Via telephone or Skype a [Bath Mind Wellbeing Coach](#) will be a listening ear to you or your team to offer support and wellbeing strategies to help employees manage their mood and remain productive at work. We can help your colleagues develop [Wellness Action Plans](#) or take steps to increasing self-care for a better work/life balance. This [confidential coaching service](#) can receive referrals from individuals themselves or HR/Managers seeking to access support for their colleagues.

## Online Workplace Mediation

Bath Mind offers workplace mediation to assist organisations to support employees affected by mental health difficulties. Through Zoom [an accredited mediator will work with your HR team](#) to provide a fully confidential resolution service between colleagues, or employees and managers. Through mediation, we can help colleagues put measures and [reasonable adjustments](#) in place which will help employees experiencing poor mental health to remain in employment or return to work.

## Interested in booking a session?

Please note this is a chargeable service, however any surplus income goes straight back into supporting the local community of B&NES during these exceptional times.

For more information please contact Hannah Roper  
[hannahroper@bathmind.org.uk](mailto:hannahroper@bathmind.org.uk)

[www.bathmind.org.uk/what-we-do/learn/online-wellbeing-in-the-workplace/](http://www.bathmind.org.uk/what-we-do/learn/online-wellbeing-in-the-workplace/)

