

## Optimise Mental Wellbeing and Manage stress Through the Power of Nutrition

*With Laura Clark, Registered Dietitian and Nutrition Consultant*

*and Arabella Tresilian, Accredited Workplace Mediator and Mental Health First Aid Instructor*

There is significant evidence to show that looking after the mental health of your employees makes business sense and increases productivity. Creating awareness and a supportive culture around mental health can make a real difference to sickness absence rates, presenteeism levels, staff wellbeing and productivity.

People are the most important asset to your organisation and to ensure they are performing at their best it is imperative to look after their mental wellbeing, especially with the pressure and limitations that the pandemic continues to bring on us all.

Working from home has for many suddenly become a daily staple of working life and the boundaries between work and home are now blurred, impacting on our eating habits and psychology considerably. With mental wellbeing at the forefront of this, **we will explore what it takes to support and nourish both brain and body for optimal productivity and resilience**. This session is evidence based, yet practical and down-to-earth as we consider the interplay between our bodies, minds and environments for optimal well-being.

### Tips and techniques for your employees wherever they are working

#### Remote workers

- Routines and habits to reduce stress
- Understanding eating routines and how to use them to our advantage.

#### Frontline staff

- Self-care tips when supporting members of the public
- Eating and fuelling well on the go

#### Furloughed staff

- Creating routines which support your wellbeing
- Exploring food as both a coping strategy and supporter of good mental health

#### Returning to the office

- Creating lunches that perform and protect.
- Feeling confident about returning to the workplace

#### Clinically vulnerable employees

- Managing stress and anxiety about wellbeing
- Nutrition to support mental-wellbeing and immunity

### Session Overview (2 hours)

- Exploring current challenges and changes we are all facing, with particular focus on the organisation.
- The neuropsychology of stress - recognising and understanding this.
- 'It's not your fault the biscuits are more appealing' - understanding and working with the biological shifts that occur in relation to stress.
- Ways to self-soothe for wellbeing - exploring rest-digest aspects and techniques to help - mindfulness/ meditation, routines.
- The role of nutrition in the self-soothe piece - fuelling, understanding nutrients, hormones and the role they play.
- Exploring emotional eating - coping strategies and alternatives.
- Nutritional components to build resilience against future and ongoing stress.
- Achieving change - exploring the willpower paradox, self-compassion and the science of habits.
- Bespoke elements for your organisation and the challenges your employees are facing.
- Breakout rooms for smaller groups to allow for more personalisation and facilitation.
- Opportunities for reflection on creating your own wellbeing plan
- Question and Answer session
- Further resources/ ways to help

### Takeaways

- Wellbeing Plan template
- Free 20 min Discovery Call with Laura - to discuss your individual challenges and how she can help.
- Free 20 min Discovery Call with Arabella
- 10% discount on Wellbeing Planning or Workplace Mediation with Arabella
- 10% on programmes and courses with Laura

### Training delivery options

- Interactive online training - via Zoom or your organisation's preferred platform, with digital documents provided
- Face-to-face training at your venue - may be available according to current social distancing guidelines and your organisation's policies and available space

## Your expert trainers

### Laura Clark



Laura is a Registered Dietitian and Nutrition Consultant providing consultancy for individuals, employees at work and food brands. She combines her love of science, people and food, to provide insightful evidence-based expertise, tailored to real life. She is passionate about cutting through the often controversial and confusing world of nutrition, focussing on the interplay between our food choices, our minds and our environments, to enable people to make the right decisions for their health and their body. She has post-graduate training in Sport and Exercise Nutrition, Behavioural Therapy and Intuitive Eating.

Laura frequently contributes to mainstream press and media, including consultancy and TV appearances for the BBC and ITV. Laura is registered with the Health and Care Professions Council and is a member of the British Dietetic Association (BDA).

### Arabella Tresilian



Arabella is an accredited workplace mediator and employee wellbeing trainer with a background in education and management consulting. She is also a Mental Health First Aid instructor with extensive experience of training private and public sector employees in preventing health-associated disputes and holding effective mental health conversations. She has been featured as an advocate for positive mental health and autism awareness on BBC Radio 4's Inside Health, the Financial Times, the British Medical Journal, Good Housekeeping, Psychologies Magazine, The Sun and the King's Fund.

For more details and to book a wellbeing and nutrition session please contact [hannahroper@bathmind.org.uk](mailto:hannahroper@bathmind.org.uk)