



WELLNESS AT WORK

BY MIND AND BODY MOVEMENT



RELAXATION

& RESILIENCE

WORKSHOP

STRESS MANAGEMENT AND MITIGATION THROUGH
MINDFULNESS, MOVING MEDITATION AND EMBODIMENT EXERCISES

Wellness @ Work

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Many forward thinking organisations are bringing focus to the subject of employee wellness at work.

In so doing they are reaping the benefits of enhanced recruitment and retention, increased productivity, and reduced absenteeism due to ill-health.

But what format should these programs take? How can we avoid the “pseudo-science” and “cod-spirituality” that can accompany the term “wellness” and focus on effective proven practices that complement a modern working environment?

Mind and Body Movement (MBM) is here to help.

With a wealth of experience of delivering technical training from the board to the NOC, and 20+ years study in wellness practice, David Ellard - the Founder of MBM, is uniquely placed to provide wellness services to your organisation.



Stress Management and Resilience

Stress - Friend or Foe?

Long-term exposure to stress is bad for us. Overwhelming amount of research has shown that chronic stress exposes us to numerous health problems, including:

- Anxiety.
- Depression.
- Digestive problems.
- Headaches.
- Heart disease.
- Sleep problems.
- Weight gain.
- Memory and concentration impairment.

However, it's also vital that we keep in mind that *stress is often necessary*.

Stress can be a great motivator to help increase productivity, to perhaps finish the job by a deadline. Stress is also absolutely inevitable, and indeed necessary, part of some jobs. A Fire Officer or an ICU Nurse is going to be stressed at some point doing their job.

Research has also shown that stress, in the short term, can improve cognitive function and stimulates the immune system to help you fight off infection.

The dichotomy then is that we need to be able to use, and even embrace, our stress when it is useful and when it is necessary. But we need to be able to relax and let go of our stress when that moment has passed, to avoid these negative effects on our health.



The MBM Stress Management and Resilience Workshop

This is where the MBM Stress Management and Resilience Workshop comes in.

In this workshop we learn to:

- Understand the effects of stress.
- Recognise the physical, mental, emotional and behavioural signs of stress.

Then most importantly:

- How to mitigate and reduce our own personal levels of stress.

The workshop can be customised and tailored to the exact needs and timings of your organisation and it can be held at your premises, or arranged as an away day at one of our partner studios.

The Workshop Stress Reduction Techniques

The stress mitigation and reduction techniques used in this class are drawn from a number of different wisdom practices and proven by modern scientific research. They include:

- Mindfulness
- Qi Gong and Tai Chi
- Yoga
- Aikido, and
- Somatic Embodiment Practices.

As part of the course the workshop attendees will learn some short, simple takeaway exercises that can be used almost anywhere and anytime to help manage and reduce stress.

Guidance is also provided on how to build proven stress reducing techniques comfortably and easily into everyday life.



Arrange a Workshop

To discuss arranging a workshop for your business please get in touch using the contact details below:

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