

Health and Wellbeing

Tom Acres
training@bwwmind.org.uk



What do we offer?

Mental Health
First Aid

Adult

Mental Health
First Aid

Youth

Mental Health
Awareness

Mental Health
Awareness
at Work

Lunch & Learn

CYP
workshops
& Training
in Schools

Diversity &
Inclusion

Lunch and Learn

Five Ways to
Wellbeing

Sleep Hygiene

Power of the
Breath

Managing Stress
and Anxiety

Food & Mood

Looking after your
emotional
wellbeing



Get in touch via:

Email: training@bwwmind.org.uk

Website: <https://www.bwwmind.org.uk/training>

Telephone: 07597 800840

What is Mental Health?

 A state of wellbeing in which every individual realises his or her own potential, can cope with the **normal stresses of life**, can work productively and fruitfully, and is able to make a contribution to her or his community. 

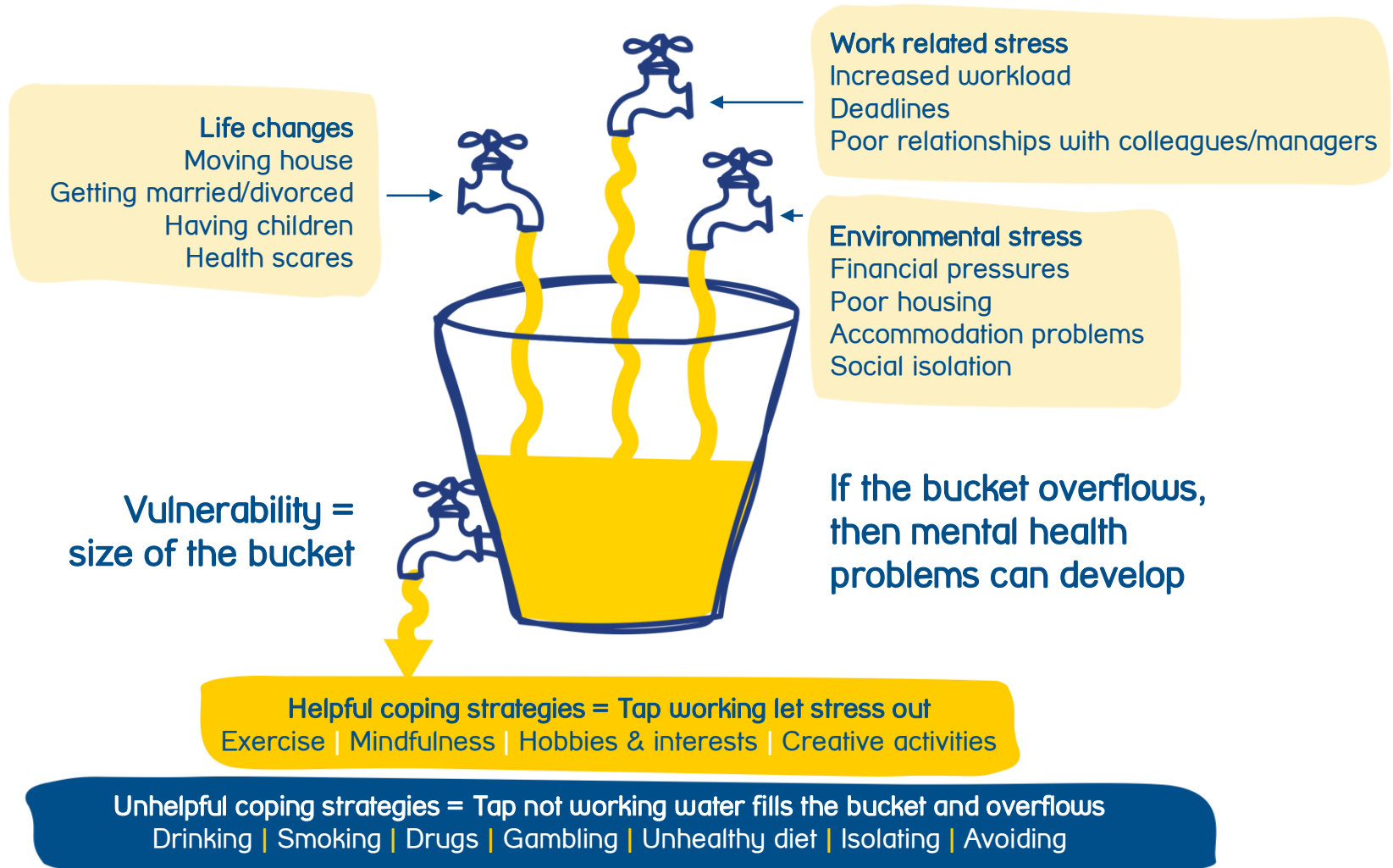
World Health Organization (2014)



🧠 **Stress** is the adverse reaction people have to excessive pressure or other types of demand placed on them. 🧠

Health and Safety Executive

The stress bucket



Leaves on a Stream

“**Mindfulness** is the practice of purposely bringing one's attention to experiences occurring in the present moment without judgment.”

(Kabat-Zinn J)



We raise awareness
and funds to help
support more people
experiencing a
mental health
problem in our
boroughs and
surrounding
neighbourhoods.



How to Support our Work

From a one off donation and sponsored runs, to quizzes and online gaming, there are so many ways you can get involved to support Mind in Brent, Wandsworth and Westminster today.

Want to get involved? Get in touch, we would love to hear from you...

Email: fundraising@bwwmind.org.uk

Website: www.bwwmind.org.uk/fundraising

Or you can find us on [Just Giving](#)



Thank you!