



Mental Health: Being Mindful in Your Daily Work Routine

Description

Mental illness is a common issue that affects many employees, leading to personal suffering and significant economic losses. In this course, we'll explore various strategies to help you manage your daily work routines in ways that reduce the risk of mental health problems. We'll introduce you to resource-oriented health concepts, emphasizing the crucial role of colleagues and social networks in preventing and detecting mental health issues early. Additionally, we'll provide practical mindfulness and relaxation exercises to support your well-being.

Target Audience

Employees across all departments and levels, regardless of their managerial status, who seek to enhance their mental well-being in the workplace

Learning Objectives

- Learning about health models that utilize existing resources
- Recognizing the relevance of coworkers and social networks for mental health
- Understanding the concept of mindfulness and using corresponding exercises
- Knowing one's own influence on mental health and being empowered to take action