

From Surviving to Thriving: Boost Your Mental Health and Wellbeing



 **Duration:** 1 hour  **Delivery:** Face-to-face or Online

In today's fast-paced world, stress, social disconnection, and the “digital dopamine” trap can gradually erode our mood, focus, and sleep.

Designed for workplaces, families, and senior students, this practical session helps you recognise early signs in your body, thoughts, and behaviour, and empowers you to take charge of your wellbeing using simple, evidence-informed strategies.

During this presentation and workshop, you will learn to:

- ✓ **Nurture** high-quality relationships
- ✓ **Practice** gratitude
- ✓ **Choose** a growth mindset
- ✓ **Apply** mindfulness to be fully present
- ✓ **Use** positive self-talk and reframing
- ✓ **Set** clear, actionable goals
- ✓ **Show** self-compassion
- ✓ **Invest** in movement, sleep and nutrition
- ✓ **Strengthen** resilience
- ✓ **Anchor** each day in meaning and purpose