

# Micro Wellbeing Webinars

**Educate and support your employees to understand, address and manage their health and wellness at work**



With changing work environments and so many people working remotely, many employers are looking for solutions to ensure they can continue to offer health & wellbeing services that meet the evolving needs of their workforce.

Healthworks have created a series of bite-sized webinars to provide your people with Health & Wellbeing information that they can digest easily, without having to take too much time out of their busy schedules. These 30-minute sessions comprise 20 minutes of content followed by 10 minutes of question time. We have a range of topics available to support Mental Health, Wellbeing, General Health and Nutrition.

Our Micro Wellbeing Webinars are designed to be delivered virtually so your team can stay connected

wherever they are. They can be delivered as an entire series or as an ad hoc session based on what suits your organisation and your people.

If you are not sure where to start, we are always here to help guide you through the process. Visit our website or contact our friendly team today for more information.



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## Mental Health

These sessions provide a snapshot into common mental health problems and provide strategies to support your own mental health as well as ways to support others who may be struggling with their mental health.

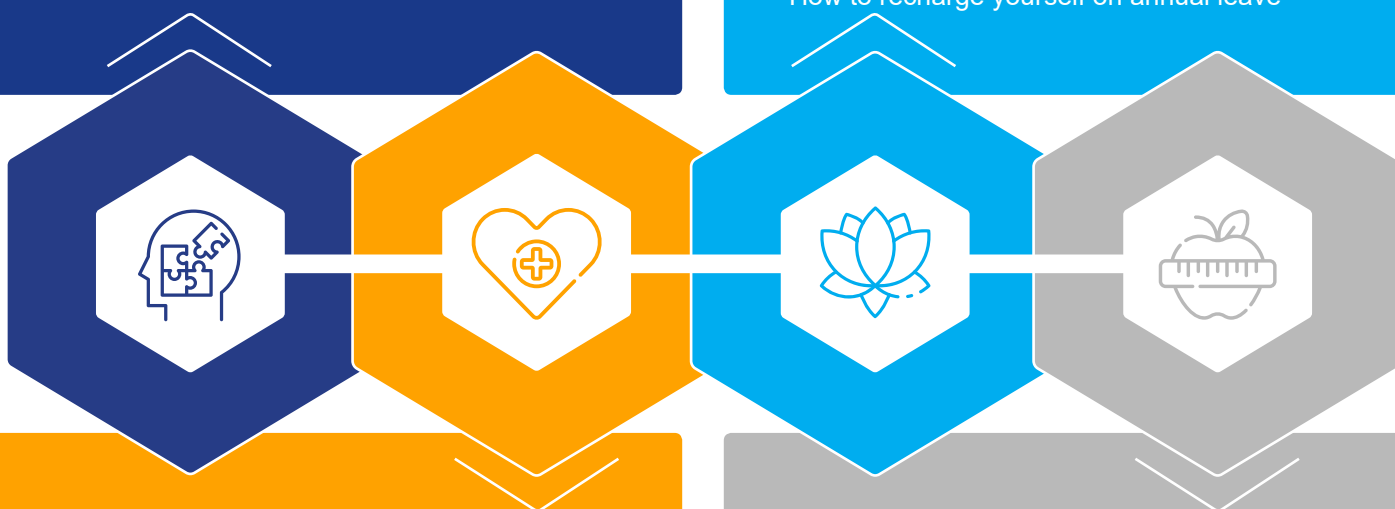
- How to tell whether it's stress or anxiety
- Strategies to manage stress
- How do I know when it's time to get support for my mental health?
- Tips to start a conversation
- What happens to my brain when I am stressed
- How does exercise improve my mental health?

We also have several longer seminars and workshops for more in-depth discussion about mental health in the workplace.

## Wellbeing

These sessions focus on the key facets of wellbeing, such as the importance of sleep, creating healthy habits, worklife balance, mindfulness practice and more.

- Night owl versus early bird - how to maintain an effective work routine
- Creating Healthy Habits
- Why am I struggling to Sleep?
- Mindfulness Meditation...how sitting still can change the structure of your brain
- A simple but effective Mindfulness Practice
- The mental health benefits of gratitude
- The psychology behind stress
- How to create the perfect sleep routine
- Forget Fitness & Nutrition - Address Sleep First
- Wellbeing – what is it and why does it matter in a pandemic
- How to recharge yourself on annual leave



## General Health

These sessions will outline the steps you need to take to ensure you are managing your physical health and minimizing your risk of chronic disease. Each session targets a different area of physical health from Heart health and health screening to the importance of exercise.

- How to calculate (and reduce) your risk of heart disease
- Diabetes - a preventable disease of the Western world
- Can we reduce the onset of dementia?
- Women's Health through the decades
- Men's health through the decades
- Physical activity – how much do you need to move to make a difference?
- Women's health – the interaction between sleep, stress and those pesky kilos
- Understanding Menopause
- Alcohol – how much is too much and should you cut down?

## Nutrition

These sessions teach you how you can optimise your nutrition to support your physical health, mental health, brain health, energy and performance.

- Healthy eating explained
- Mastering meal prep
- Brain superfoods
- Foods to boost your mood
- Mindful Eating
- Simple secrets for portion control