

Developing a Healthy Mental Health

Do you know health is not merely absence of diseases but mentally and physical well being?
Do you want to boost your employees mental health and boost work productivity?

Introduction

Mental health influences how you think, feel and behave in daily life. It also affects our ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships. Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics. Hence, it is important to develop healthy mental health in the workplace.

Program Objectives

This program aims to:

- Provide understanding of the concept of mental health
- Educate ways to cultivate healthy mental health
- Overcome issues derived in mental health

Learning Outcomes

After completing this program, the participants should be able to:

- Manage anxiety, stress, emotion and anger effectively
- Create a sustainable mental health plan in the workplace.
- Optimizing healthy and happy workplace

Who Should Attend

Anyone in the organisation who wishes to maintain healthy mental health in the organisation.

Methodology

Interactive lecture, videos, presentation, discussion, case study, case simulation, Socratic questioning, flipped classroom, brain-storming, worksheet, problem solving, inductive method, team exercise, peer to peer, action learning, coaching and mentoring

Program Outline

Day One	
Time	Program
9:00am - 10:30am	<p>Silent Killer Within Us.</p> <p>Health is not solely absent from the diseases, but it is physically and mentally well being. In recent years, there has been growing concern about health and illness and the state and the cost of productivity in the organisation. The state of health of employees is the assets in the organisation. In this module, the participants would learn to evaluate the status of their mental health.</p>
10:30am - 11:00am	Tea Break
10:30pm - 1:00pm	<p>Do you Understand Yourself?</p> <p>Attitude and behaviour play vital roles in an organisation's performance. An attitude is a mental or neural state of readiness, organised through experience, exerting a directive or dynamic influence upon the individual's response to all objects and situations to which it is related. Behaviour refers to the actions and mannerisms made by humans, systems, or artificial entities in conjunction with their environment.</p>
1:00pm - 2:00pm	Lunch
2:00pm - 3:30pm	<p>Venturing to the Brain: Psychopathology.</p> <p>In this module, participants start to learn how to identify maladaptive behaviour classification. The participants would learn how to identify different psychopathologies such as anxiety disorder, development disorder, personality disorders and mood disorder.</p>
3:30pm - 4:00pm	Tea Break
4:00pm - 5:00pm	<p>Creating Healthy Mental Health</p> <p>In this module, participants would learn how to focus on their mind and their body. Focus on one mind helps participants to understand themselves more. In this module, participants would learn how to apply the breathing method and body sensing method in promoting self mental health.</p>
Day Two	
Time	Program
9:00am - 10:30am	<p>Stay Cool, Stay Calm: Anger Management</p> <p>In this module, participants would continue to learn techniques such as visualisation and cognitive behavioural methods in anger control.</p>

	Both methods help participants to minimise cognitive load as an anger management strategy. In addition, the participants would learn how to create a healthy habitual action in anger management. The participants would learn how to apply meditation as the strategy in anger management.
10:30am - 11:00am	Tea Break
10:30pm - 1:00pm	<p>Handling the Silent Killer: Stress Management</p> <p>Stress management is set to become a primary strategic and operational concern for all organisations because of the direct relationship between decency and humanity, good employment practice, and successful business. Stress places a cost burden on organisations in all locations and sectors, and there is also a human price among those who work in stressful situations or suffer from stress-related injuries and illnesses. With effective stress management skills, the organisation would be able to boost productivity in sustainable ways to create a happier and stress-free organisation workplace! This training does not only focus on the stress management technique; this program helps participants to handle emotion effectively.</p>
1:00pm - 2:00pm	Lunch
2:00pm - 3:30pm	<p>Emotional Health: The Key of Mental health.</p> <p>Emotions are a daily, if not a moment-by-moment, occurrence. Emotions determine the quality of our lives. They occur in the everyday relationship we care about in the workplace, friendships, in dealings with family members and our most intimate relationship. This module exposes participants to various techniques in maintaining their emotional health.</p>
3:30pm - 4:00pm	Tea Break
4:00pm - 5:00pm	<p>Sustaining Mental Healthy Culture with Compassion</p> <p>Strategies without sustainable planning are difficult to convert as a culture. In this module, the participants would learn how to integrate compassion in their strategic planning. In addition, the participants would learn how to collect feedback and conduct continuous improvement to create a healthy culture in the origination.</p>