

## Tailor-made workshops

If you are interested in our workshops we may be able to run a programme for your employees. We can also adapt our standard programme to fit your business' needs.

Workshops can range in length. All of our standard workshops are designed to run over a 2 hour period but we can offer hour-long lunchtime sessions or a full morning or afternoon, depending on your needs.

Please get in touch on **0300 123 1156** to find out more.

### Cost

£1,500 for a full day

£750 for a half day

£187.50 per hour



Back on Track is a partnership between West London Mental Health NHS Trust, Mental Health Matters (reg charity no 514829) and the West London Centre for Counselling (reg charity no 1027290).



**West London Mental Health**  
NHS Trust

## Back on Track Workshop programme

Information about workshops for local businesses to help staff manage stress and improve mood



Call: 0300 123 1156

[www.backontrack.nhs.uk](http://www.backontrack.nhs.uk)

**back on track**  
Improving access to psychological therapies

The financial and social costs of employee absences due to mental health problems are increasing exponentially. A study carried out for the 2009 and 2010 financial year by the Centre for Mental Health calculated that these costs amounted to £105.2 billion.

The most common mental health problems in the workplace are:

- Stress
- Depression
- Panic
- Anxiety
- Long term physical health conditions, e.g. chronic pain

Early recognition of problems within the workplace is the key to preventing absenteeism and presenteeism (employees that are present at work but are performing below the expected standard).

Identifying issues before an absence occurs or intervening immediately will prevent long term problems and associated loss of productivity.

**Back on Track** is a confidential NHS service that can deliver a number of workshops for your business to help staff manage stress and improve mood.

To organise a workshop, call:  
**0300 123 1156**  
[www.backontrack.nhs.uk](http://www.backontrack.nhs.uk)

## Stress and relaxation

- **Feeling stressed or worried?**
- **Want to know more about relaxation and how it can help?**

This workshop aims to help your employees to understand and manage stress and worry. It will teach them how relaxation techniques can help to reduce stress and anxiety. It will give them a chance to try 'progressive muscular relaxation' as a way of promoting a sense of relaxation.

Workshop participants will be given a relaxation CD that can be used to continue to practice after the workshop. They will also be provided with reading materials at the end of the session.

## Introduction to mindfulness meditation

- **Feeling low or stressed out?**
- **Want to learn a new approach?**

Mindfulness meditation is based upon Buddhist meditation practice.

In this introductory class your employees will learn breathing meditations to help them become more aware of the present moment, including getting in touch with moment-to-moment changes in the mind and body.

Mindfulness meditation has been shown to be an effective treatment to help lift mood and if practised regularly can help prevent low mood in the future.

## Improve your sleep

- **Can't get to sleep?**
- **Keep waking up in the night?**
- **Feeling exhausted?**

This workshop will teach your employees about sleep problems and how to overcome them using practical strategies.

The workshop starts with important facts about sleep and covers tips on how to get a good night's sleep. It also explains some ways to deal with worries that may cause sleep problems. They will have a chance to learn two different relaxation techniques to help get a peaceful night!

## Assert yourself

- **Communicating too passively or aggressively?**
- **Want to learn to be assertive instead?**

We could all benefit from being more assertive in some areas of our life.

These workshops aim to help your employees to learn about different communication styles, identify their own response style and to practice assertiveness skills in an informal setting.