

Mental Health Self Care Lunch 'N Learn Series

According to the Center for Prevention and Health Services:

“Mental illness causes more days of work loss and work impairment than many other chronic conditions such as diabetes, asthma, and arthritis. Approximately 217 million days of work are lost annually due to productivity decline related to mental illness and substance abuse disorders, costing employers \$17 billion each year.”

Improve your employees' overall well-being by empowering them as they learn practical tools that help reduce stress related to negative thinking, anxiety and feeling overwhelmed.



Una Wright, Founder of YouthSpeak Performance Charity offers employees the opportunity to hear her personal experience with challenges related to mental health within her family. Una shares well researched coping tools which enable her to maintain a strong spirit, positive mental health and overall well-being.

This interactive workshop will engage participants and provide take-away tips and tools that are easy to integrate into a busy life. Participants will learn:

- Tools for keeping balance and coping with everyday stress
- Tips to increase personal well-being
- Fast-track to mental clarity and inner peace during difficult life circumstances
- Opportunity for question & answer period
- Information on resources

To discuss booking this and/or other YouthSpeak Lunch 'N Learns for your workplace, please contact Una Wright:

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