



STAFF MENTAL HEALTH & WELLBEING PROGRAMME

WEEKLY MODULES



- Week 1 - Introduction & Programme Information; 3 Systems Model; Opposite Action skill
- Week 2 - What To Do When It All Seems Too Much (Part 1)
- Week 3 - What To Do When It All Seems Too Much (Part 2)
- Week 4 - Maintaining Firm Foundations: Sleep, Exercise, Diet, Treating Illness
- Week 5 - Emotions and Emotion Regulation skills
- Week 6 - Cycle of Thoughts, Emotions, Body Sensations & Actions; Checking the Facts
- Week 7 - Distinguishing Between Things You Can and Cannot Control
- Week 8 - Practical Mindfulness skills: Observe, Describe, Participate, One Mindfully
- Week 9 - Helpful & Unhelpful Thoughts and Thinking Patterns; Kindness & Self-compassion
- Week 10 - Wise Mind; Dialectical Thinking; Pros and Cons skill
- Week 11 - Interpersonal Effectiveness skills (Part 1)
- Week 12 - Interpersonal Effectiveness skills (Part 2)
- Week 13 - Interpersonal skills: Creating a Culture of Compassion for Colleagues in Emotional Distress
- Week 14 - Goals and Values; Building Mastery
- Week 15 - Programme Conclusion; Checklist of All Skills Learned



Average weekly video length is 12 minutes, not including discussion time. There are prompts in each video to pause and think/discuss. Please allow 25-30 minutes for each session including discussion time.

Please note: The programme content is sequential with each module building on skills learned in previous weeks. The programme is designed to be followed in the order provided.