

LifeConnect

LifeSkills Workshops

By request workshops- for workplaces/community groups

The ability to bounce back from life's many challenges is essential to our wellbeing and mental health. Sometimes life gives us lemons and sometimes they are rotten lemons! We don't always have control of what happens to us in life, but it is possible to learn new ways to live well - even when things turn sour.

Resilience and wellbeing each play an important part in early suicide prevention. Our LifeSkills workshops have been developed for people in our community to learn about the impacts of stress, respond to emotions and explore gratitude. We share practical tools to move through and grow from all of life's experiences.

These **free evidence-based workshops** are available to all who live and work within the EMPHN catchment area and are can be tailored towards the individual needs of community groups through collaboration with our team.

Thankful and Well: Practising Everyday Gratitude

Being thankful and appreciating the good things... it's not always easy to do amid the stresses of daily life. Yet research shows that practising gratitude – even when times are tough – can increase happiness and wellbeing, reduce stress, improve relationships, and lower suicide risk.

Join us for a 1-hour workshop and explore:

- What gratitude is and how we experience it
- Evidence-based based benefits of gratitude
- A practical exercise for developing gratitude
- Simple ways to be grateful in daily life

The Science of Stress

Stress is a normal and natural part of our daily lives. But when does stress become a problem for us? And what tools do we have to cope with it? 'The Science of Stress' aims to bolster resilience in our communities through enhancing our understanding of what stress is and how we might be able to manage it.

Join us for a 1-hour workshop and explore:

- Understanding the relationship between stress and suicide
- What stress can look like in our communities
- The core physiological processes of stress
- The difference between acute stress, chronic stress, and burnout
- Examples of practical skills to self-manage stress
- The importance of having productive self-care strategies



LifeConnect is a Neami National service supported by the Victorian Government, and Australian Government under the PHN Program.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

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Responding to Emotions

Our thoughts can take us lots of places – sometimes we can get caught in a train of worry, what-ifs, or sadness. These thoughts and emotions are uncomfortable so we do what we can to get rid of them with distraction, fighting against them or striving for positive thinking. But what if we instead learned to respond to these experiences in a way that did not add to our sense of stress and unhappiness? This workshop discusses how common it is to have a wide range of emotions and how we can respond to them, freeing us up to live life in accordance with our values.

Join us for a 1-hour workshop and explore:

- Why some thoughts and emotions feel more challenging than others
- Normalising the range of emotions that we experience as humans
- Exploring common ways of responding to difficult thoughts and emotions
- Introduce the concept of acknowledging and accepting emotions
- Describe and experience four practical strategies based in Acceptance and Commitment Therapy (ACT)
- Consideration of how we can link in our values to understand the discomfort

We are happy to discuss your groups specific learning needs and content can be tailored to specific audiences and needs of participants. To enquire about our training or book in a training session for a group, please contact us on 1300 052 059 or email us at lifecconnect@neaminational.org.au. **Our training is provided at no cost.**

All sessions are free and available to people living or working in the following LGA's Banyule, Boroondara, Knox, Nillumbik, Manningham, Maroondah, Mitchell (partial), Monash, Murrindindi (partial), Whitehorse, Whittlesea, Yarra Ranges



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