

LinkLiving Wellbeing Workshops - West Fife SDS office

Session	Date	Topic	Comment
Pre meetings	Mon 14 th Nov	1:1 with participants	Shannen work from SDS office 10am to 1pm
1	Tues 29 th Nov 10am to 1pm	Team Building	<ul style="list-style-type: none"> • Understanding of sessions/group agreement • Team building activity
		Mental Health Awareness	<ul style="list-style-type: none"> • What is mental health • What are the symptoms • How to manage your MH • How to support someone who is struggling with their MH
2	Mon 5 th Dec 10am to 1pm	Anxiety and Stress Management	<ul style="list-style-type: none"> • What does stress/anxiety look like • How to manage it • Coping strategies/distractions/relaxation techniques
		Self-care	<ul style="list-style-type: none"> • Aromatherapy oils • Making body scrubs/ stress balls / fidget toys
3	Tues 6 th Dec 10am to 1pm	Conflict Management	<ul style="list-style-type: none"> • Explore the different types of conflict • Conflict management styles • How to resolve conflict

4	Mon 12 th Dec 10am to 1pm	Mindset & Behaviours	<ul style="list-style-type: none"> • How can we move from a fixed to a growth mindset? • Mindset mini challenges
XMAS BREAK			
5	Mon 9 th Jan 10am to 1pm	Understanding Emotions	<ul style="list-style-type: none"> • Emotional Regulation Skills • Expressing emotions through photography • VR Headset experience – challenge yourself
6	Tues 10 th Jan 10am to 1pm	Mental Health and Food	<ul style="list-style-type: none"> • Understanding the link between mental health and food we eat • How can food increase/ decrease stress
7	Mon 16 th Jan 10am to 1pm	Social Media Awareness	<ul style="list-style-type: none"> • Understand the negative impacts of excessive social media use • Understand what “Fake News” is and how to spot it • Explore the positive aspects of social media
8	Tues 17 th Jan 10am to 1pm	Mental Health and Bullying	<ul style="list-style-type: none"> • To understand more about bullying and different types of discrimination. • How to look out for it and what to do if you or someone you know needs help.