

MENTAL RESILIENCE WORKSHOPS

2022 WORKSHOP GUIDE

WorkWell NYC offers free, interactive workshops to NYC worksites on a variety of wellness topics. Our workshops are developed with the unique needs of the NYC workforce in mind. [Register for your workshop at on.nyc.gov/workshops](https://on.nyc.gov/workshops)

QUESTIONS?

If you have any questions regarding our workshops please contact WorkWell NYC at workwell@olr.nyc.gov.



SUPPORT

CREATING SUPPORTIVE CONNECTIONS

Having a healthy, reliable support system can often make the difference between being stressed out and managing stress effectively. This session reviews strategies for combating loneliness and social isolation, and helpful techniques to strengthen your social network.

LEARNING OBJECTIVES:

- Learn about the impact of loneliness and social isolation on physical and mental health.
- Discuss strategies to create meaningful connections in the workplace and in your personal life.

DELIVERY:
Virtual

SESSION LENGTH:
50 mins

MEDITATION

INTRODUCTION TO MINDFUL MEDITATION

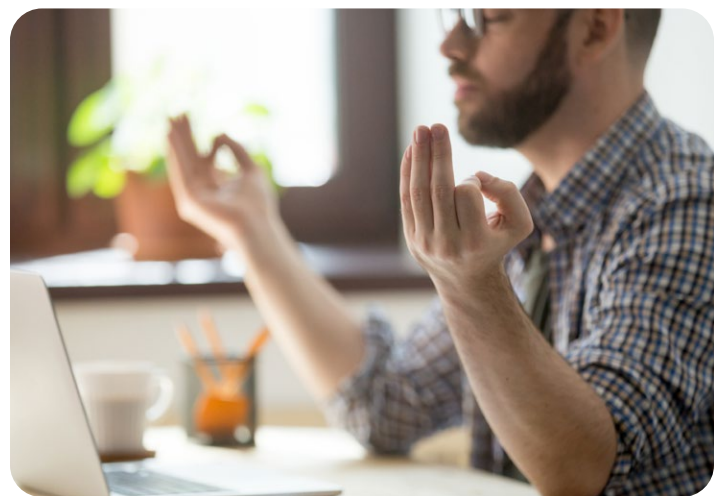
There are many benefits to meditation, including stress relief, improved focus and concentration. This session offers guided meditation practice and techniques, appropriate for all practice levels.

LEARNING OBJECTIVES:

- Review the practice of meditation.
- Discuss the connection between meditation and stress reduction.
- Practice various meditative techniques.

DELIVERY:
Virtual or In-person

SESSION LENGTH:
50 mins





SLEEP

SLEEP SOUNDLY

Sleep and health are strongly related. Poor sleeping habits can increase your risk for illness. But with today's busy schedules and life demands, getting enough sleep can be difficult!

LEARNING OBJECTIVES:

- Review the effects of sleep on physical and mental wellbeing.
- Learn about various sleep disorders.
- Discuss strategies to improve sleep quality.

DELIVERY:

Virtual

SESSION LENGTH:

50 mins

MINDFULNESS

MINDFULNESS MATTERS

Mindfulness speaks to our ability to be present and aware. When practiced intentionally, it can help us be less reactive and have greater control over our thoughts and behaviors. This session invites participants to integrate mindfulness into their daily self-care practice and explores several techniques to help cultivate this habit.

LEARNING OBJECTIVES:

- Introduce the practice of mindfulness and self-care.
- Strategize ways to incorporate this practice into your day.

DELIVERY:

Virtual

SESSION LENGTH:

50 mins

