

MENTAL WELL-BEING



Managing our emotional and mental well-being needs just as much attention as our physical health. This 8-week group course helps bridge gaps in mental well-being care through awareness and education. With support from a Mental Health First Aid-certified Health Coach and their peers, program participants will learn what mental well-being is and what resources, everyday tools and practices are available to them.

- ✓ This is an **8-week group course**
- ✓ The program instructor will work with clients and participants to find the best time to host sessions.
- ✓ Sessions last **30 minutes**
- ✓ Classes led by a EHG Health Coach trained in **Mental Health First Aid**
- ✓ Course curriculum aims to meet you where you are in your mental well-being journey
- ✓ Classes are interactive and participation is encouraged to share successes and struggles
- ✓ Program content, including a journal, is distributed to participants
- ✓ Program planning and promotion as well as attendance/incentive management is included
- ✓ Pre- and post-program surveys administered and aggregated results shared

SYLLABUS

Week 1 - What is Mental Well-Being?

Week 2 - What is Stress?

Week 3 - Emotions vs. Feelings

Week 4 - Emotional Intelligence

Week 5 - Changing the Narrative

Week 6 - Communication

Week 7 - Resources & Support

Week 8 - Coping & Resiliency