

### **Bereavement Support**

Most of us will experience bereavement at some time, and everyone deals with grief differently. It can greatly impact on the ability to perform daily tasks and therefore reduce productivity. This short course provides an awareness of the grief cycle which many bereaved people encounter. It also recognises the different physical and emotional symptoms of grief, and identifies the skills required when helping others during the challenging time of bereavement. It is recommended for anyone wishing to learn more about bereavement and grief, both personally and to support others.

### **Counselling Skills**

When supporting people with poor mental health in the workplace, you can offer basic counselling skills, without being a trained counsellor and this could make a great difference in restoring a colleague's physical and mental wellbeing. This short course provides an overview of the nine core counselling conditions which include unconditional positive regard, genuineness, empathy, active listening, questioning, paraphrasing, reflecting, summarising and challenging. This course is recommended for anyone wishing to support the wellbeing of others in the workplace.

### **Low Mood, Stress and Anxiety**

One in four people suffer a mental illness, and one in six people experience low mood, anxiety, or stress at work. These conditions can cause individuals to feel distressed regularly and may cause an ability to function over an extended time. This short course identifies what stress, anxiety and low mood are, recognises the symptoms, examines the causes and explains the effects on the body. It is recommended for anyone wishing to learn more about these conditions; to find strategies to manage them or support others who are experiencing them.

### **Healthy Sleep Habits**

71% of people in the UK do not get the required 7-9 hours sleep a night. For those who don't sleep well regularly, it can lead to serious physical health problems, including Type 2 Diabetes, high blood pressure and a risk of heart disease. This short course identifies the stages of sleep and recognises some of the causes of a lack of sleep. It explains the impact of poor sleep on the body and outlines strategies to improve sleep. This course is recommended for anyone wishing to improve their sleep and as a result, their physical and mental health.

### **The Art of Positive Thinking**

Negative thinking can lead to depression, anxiety, low self-esteem, stress, relationship difficulties and isolation. All of these will impact on daily activities and can result in decreased productivity and absenteeism in the workplace. This course examines what negative thinking is and the different types. It offers coping strategies and positive thinking habits including positive language, gratitude practice, affirmations, reframing, planning ahead and mindfulness. It is recommended for anyone who would like to learn strategies to manage negative behaviour and promote positive behaviour.

### **Anger Management**

Anger, if not managed can impact negatively on physical and mental health, and can also be detrimental in the workplace, especially in a team environment. The course examines the causes of anger and the impact. It provides different strategies to help manage anger and other strong emotions and is a 'hands-on' workshop resulting in practical actions. This course is recommended for anyone wishing to manage strong emotions, including anger, or those wishing to support others in this way.

### **Suicide Awareness**

Between 2007-2017 there were around 146 suicides in Jersey. For every suicide there are many more people who attempt suicide. Males aged 45-49 have the highest suicide rate. This short course examines the risk factors, signs and indicators and addresses how to recognise individuals who may be more at risk, as well as prevention and support. It is recommended that anyone in a supporting role would find this course valuable. It will be co delivered with MIND Jersey and the Safeguarding Partnership Board.

### **Understanding Self-Harm**

Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences that feel out of control. It can be the thing people turn to when they feel they have no other option. This short course explains what self-harm is, the reasons for it and how to go about making changes. It includes self-help ideas and information about other forms of support. It is recommended for anyone who would like to further their knowledge on the topic and offer support to others.

### **Eating Disorders**

An eating disorder is a medical diagnosis based on your eating patterns, and medical tests on your weight, blood and body mass index (BMI). An eating problem is any relationship with food that you find difficult. This can be just as hard to live with as a diagnosed eating disorder. This course describes common eating disorders and what might cause them. It also provides information on how you can help yourself, and what kind of treatment and support is available. It is recommended for anyone worried about an eating problem.

### **Understanding Obsessive Compulsive Disorders**

Obsessive Compulsive Disorder is an anxiety disorder and it has two main parts; obsessions and compulsions. Obsessions are unwelcome thoughts which repeatedly appear in your mind. Compulsions are repetitive activities which you do to reduce the anxiety caused by the obsession. This course provides an overview of what OCD is and the possible causes. It describes how treatment can be accessed for OCD, including cognitive behavioural therapy, medication and self-help resources as well as other support available. The course is recommended for anyone with an interest in the topic.