

Mentally Healthy Fife

30th April 2014

Carnegie Conference Centre, Dunfermline

9.30am – 2.30pm

Name:
Designation:
Address:
Postcode:
Contact Number:
E-mail address:
Special requirements eg dietary, access, audio, visual:

Please return this form by 10th April 2014 to:

Anna Gorniak, Health Promotion Fife, Haig House, Cameron Hospital,
Leven, KY8 5RG.

Or by email to: annagorniak@nhs.net

Workshops Choices

Please state your choice of workshops in order of preference, (1-5, 1 being first choice etc). We will endeavour to give delegates their first and second choice.

WRAP []

This workshop provides a taster session on WRAP (Wellness recovery action planning). WRAP is a self-management tool that is created and owned by the individual. It encourages the development of self awareness and supports people to take personal responsibility which can create higher levels of personal health and wellbeing.

Mood and Food []

Most people are now aware of the link between our diet, what we eat and drink, and our physical health. What you may be less aware of is the link between your diet and your mental health. Within this workshop you will find out more about mood boosting foods and will discuss how to incorporate them into your diet.

See me... []

This workshop will discuss the breadth of experience of stigma and discrimination within the workplace through the use of case studies, film and discussion and how workplaces can develop programmes to change attitudes and behaviours within the workforce.

Mindfulness []

Would you like to improve your emotional wellbeing, increase your positivity, improve your physical health and strengthen your resilience in dealing with life's ups and downs? Come along to the taster session on Mindfulness and find out how to achieve this and much more!

Cynthia show - Mental Health at WORK []

How do you manage situations? How do you interact with colleagues? This interactive theatre training raises awareness and demonstrates how attitudes, behaviours and relationships impact on people's mental health and well-being at work.