

# Managing Our Well-being Through COVID-19

With the dramatic and rapidly changing environment confronting all of us today as a result of the outbreak of COVID-19, we are having to make a number of changes to the way we work and the way we live our lives. The impact on all of us is significant. Many of us are also finding ourselves working from home, impacted financially etc. We need to make sure we are taking very good care of our well-being.

A two-hour virtual workshop (video conference) equipping you with the practical strategies to maintain your well-being through the COVID-19 crisis.

The workshop will cover the following:

- How might the COVID-19 crisis impact on my mental health and well-being
- A framework for understanding well-being and what to look out for in myself and others
- Understanding of resilience and how to enhance our resilience
- An insight into the neuro-chemical impact of stress on our brain and how to generate the right neurochemicals to enhance my well-being
- Practical strategies to implement right away that will improve my well-being



Contact us at [enquiries@tlcsolutions.com.au](mailto:enquiries@tlcsolutions.com.au) to find out how to book in a virtual workshop.