

Manage your Mental Health and Wellbeing While Working from Home

Monday 4th May 2020

SAP S/4HANA Movement Webinar series

Many of us take our Mental Health for granted, it's always there and we either tend to ignore the stress when it builds up or we only deal with it when it becomes a problem.

With a lot more of us than ever before having to adapt to homeworking, Zoom and Teams the new normal - how can you make sure that your Mental Health and more importantly, your Mental strength is where it needs to be?

Thrive want to change the story, we want all members of society to be mindful of their own mental health as well as being able to look out for others, this webinar is designed to help you, your teams and your company adjust to this new way of working, by offering knowledge around Stress, Anxiety and the effects that people are experiencing at this current time, we will be offering practical tips on how to ensure you are making the most out of your new working environment and ensuring that employee wellbeing is at the heart of your organisation.

Thrive: A Mental Health and wellbeing company. Offering online and offline mental health training.

Recording Link:

https://us02web.zoom.us/rec/share/-pdVA-H9_UFJX4nXwXH0c4l4T5r9T6a8hHAWq_QOyEcXG54jx_H5VJoSTkzBKV2D

Access Password: 8X=2md^7

Please note, you must be logged into the User Group website to download this recording.