



Mentallylab

BeOn*



Mentallyawareness

AWARENESS OF MENTAL HEALTH
CARE AND PREVENTION

Purpose

The main purpose is to raise awareness of the importance of **looking after mental health and coping with difficulties**, to prevent psychological problems from developing.

Participants will learn about the factors involved in the development of a mental health problem and how to apply everyday self-care tools that help **prevent potential triggers** of a mental health problem.

They will be able to **identify early signs** of common problems such as depression and anxiety, and apply guidance to **mitigate those signs**, preventing the problems from escalating.

This session explains when the right time is to **seek professional help**.

Content

- Raising awareness of **Mental Health Self-care**.
- **Practical mental health coping and prevention techniques:** we will practise and develop active and productive strategies for coping with stress, such as problem solving, identifying and using your strengths, calming and relaxation, etc.
- **Mental health warning signs:** when and which warning signs should concern us, and what to do in these situations.
- **Basic psychological first aid:** basic advice for looking after our mental health.
- **Guidance for managing certain symptoms:** low mood, anxiety, etc.
- Designing **my mental health prevention plan**.

Structure

- **1 practical talk** lasting **2 hours**
- **Format:** In person or live online
- **Group size:** maximum 30 in person / Unlimited online

Facilitation

A participatory practical talk featuring numerous practical examples.

Trainer

ROSANA CALVO CRUZA

Health psychologist, emotional intelligence expert and coach.

Key qualifications:

- Degree in Psychology
- Master's in Clinical Psychology
- EMDR Therapist, Level II
- Master's in Emotional Intelligence
- NLP Practitioner
- Advanced Coaching Course

Relevant experience:

- Health psychologist accredited by the Community of Madrid.
- Technical Director of Gimnasio emocional® since 2016.
- Trainer at Gimnasio emocional®. She has delivered more than 700 emotional skills workshops at over 25 large companies.
- Lecturer on master's programmes in coaching, NLP and emotional intelligence (2012-2017).
- 13 years' experience as a psychologist at a Community of Madrid rehabilitation centre for people with severe mental illness.
- 12 years' experience as a health psychologist in private practice.
- Director of the corporate psychological support service at Gimnasio emocional®.
- Co-creator of the FORTIA® model of psycho-emotional resilience.

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