



Community Mental Health & Wellness: *Unlock the mental block*



Two Day Web – Workshop (via zoom)

March 27, 2024: Inputs + Workshop (3 hours)

March 28, 2024: Self + Peer Learning (3 hours)

Time: 10.30 am -1:30 PM

Balancing physical and mental health is wealth of wellness! Wellness varies by demographics, medical, economics and socio-cultural factors. More so a variant among the rural and less economic segment where in the importance of mental health is always undermined. Research brings out lack of awareness, approach, coping; and the prevalence of stigma, culture of silence, under estimation of living and working arrangements as causes for ill-being. Many physicians, psychiatrists and counselors affirm that mental health across the personal, work and social life is less recognized as an enabler for wellness and wellbeing.

SDG-3 aims to ensure healthy lives and promote well-being for all, at all ages with various priorities and mental health as a cross cutting or as an enabler of wholesome wellness. Today mental health and wellness is a basic need as it builds the hierarchy of needs to excel and also ensure healthy work, family and social life. Let us begin to strengthen the community no matter cultural, business, social work or any identity to build the skills and capacities to boost wellness!!

This workshop will address the following: (from real lifetime and work examples)

- *Value of mental health and wellness across the lifecycle: challenges and impact*
- *Fostering a supportive and inclusive workplace culture: resources, leadership, support systems*
- *Strategies to reduce stigma: open communication and psychological safety*
- *Managing Stress and building strategic resilience: effective communication*
- *Workshop on enhancing emotional intelligence skills for leaders: Developing empathy*
- *Understanding and managing emotions: workplace, family and community*
- *Tips for self-care and work-life balance and healthy work-life balance: practical tip-sheet for setting boundaries and managing time effectively*

Who this workshop is for:

Primarily staff working in NGO, Corporate, Education and Government on health interventions with the roles as counselor, teacher, executive, recruiter, programmer, entrepreneur, leader and researcher on wellness will benefit to ensure the impact of their interventions. Employees, Students, researchers and supervisors in various community interventions through diverse entities will benefit more. This online simulative lab is designed for intensive sharing, learning and discussing one's own examples and case stories. Also limited to 20 participants for intense discussions.

What will the workshop offer?

As the development intervention is the focus of all stakes any intervention no matter the entity, is closed watched by all stakes. The context may differ but all experience similar challenges in one form or the other. This workshop will offer an opportunity in specific to: can you add please the below yellow lines

- *A space to share real time stories and strategies*
- *Know to strategize issues in a sequence*
- *Gain idea to find application of tip-sheet at different context of work and family*
- *Get inputs to communicate with the community on emotional intelligence*

Workshop methodology:

The workshop is filled with sharing and learning with a participatory philosophy. There will be [inputs, facilitating discussions with live situations, peer learning, demonstrations and providing guidance](#). The approach will be [case study analysis](#), group discussions and plenary discussions with expert inputs. Also there is a scope to work on real project examples with peers, avail feedback, offer expertise and gain hands-on improvisation on one's own approach or strategies. Where ever possible thematic interventions will be planned subject to the profile of the participants. Participants will also receive the presentation and links as reference material.

As the workshop language is English, it is necessary that all participants are fluent in the same. The team of experts can provide suitable linguistic interpretations, on request.

Lead Facilitator:

The course will be led by [Dr. Naveen Kumar V, Psychiatrist, Manam behavioral medicine clinic Coimbatore](#). He is one of the KKF Co-Creators and a registered practitioner as a member of Indian Psychiatric Society. He has been in the field of medicine and wellness as a student, researcher, trainer, Psychiatrists and consultant since 2000. Through his clinic he serves a variety of mental wellness like mood disorders, mental health, adolescent anxieties, dementia, psycho sexual problems, pre-marital counseling and so forth. He brings a range of experience by helping citizens from tribal, rural, city, metro and global level.

For more details, Please contact

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Looking forward to learn and unlearn with you!

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