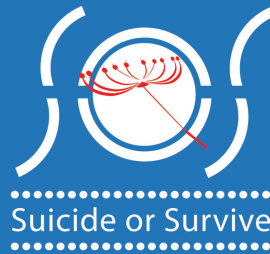
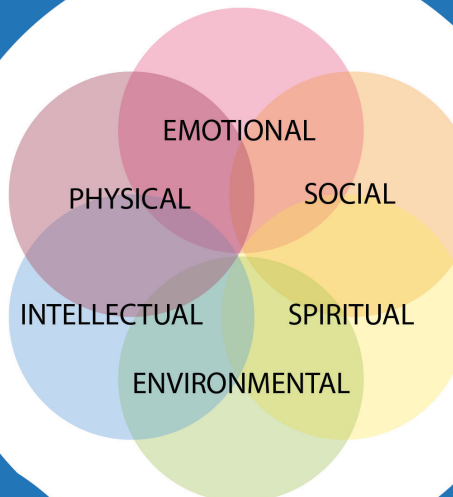


Wellness Workshop

Understanding And Taking Charge Of Your Mental Health



SOS in partnership with
Nenagh Éire Óg Healthy Club Project,
is hosting a **Wellness Workshop on**
Thursday 29th January in Nenagh Arts
Centre, Town Hall, Banba Square, Nenagh
from **9.30am to 4.30pm.**



Suicide or Survive is committed to running Wellness Workshops in every community in Ireland. These workshops aim to help you understand and take responsibility for your own mental health.

The workshop can be of benefit to anyone who is interested in looking after their mental health and wellness.

The workshop is informal and relaxed. It is facilitated by people with both lived-life experience of mental health difficulties, and experience of working in the mental health area. They combine personal testimony with practical tools and tips that you can use in your everyday life to improve your own wellbeing.

Throughout the day the workshop will look at topics such as relaxation, mindfulness, stress management, our thinking process and how to develop a wellness toolkit and daily wellness plan. A full comprehensive workbook to support you in maintaining your daily wellness can be purchased at the Workshop at a cost of €10 (€5 unwaged).

Wellness Workshop participants' quotes:

*Inspiring,
thought-provoking
and motivating.*

*Gave
me
hope.*

*Really well
facilitated -
with humour
and honesty*

*Invaluable.
I hope more
people will have
access to it
over time.*



www.suicideorsurvive.ie



Early booking is advisable. Contact Jacqui or Lisa Tel: Lo Call 1890 577 577

Evaluated by Trinity College Dublin. In partnership with the National Office of Suicide Prevention, the Iris O'Brien Foundation and Fundraisers. Registered Charity No: CHY16442

As a charity seeking donations from the public we at Suicide or Survive aim to comply with the Statement of Guiding Principles for Fundraising. In this regard we refer you to our Statement of Commitment and Donor Charter which are available on our website www.suicideorsurvive.ie or to obtain a hard copy you can phone us on 1890 577 577.

WELLNESS WORKSHOP - A GREAT SUCCESS FOR NENAGH EIRE OG HCP

As a result of our successful seminars in 2014 on Well Being and Mental Health, Nenagh Eire Og Healthy Club Project were nominated to hold a Wellness Workshop in partnership with SOS (Suicide or Survive).

This Workshop which was free of charge to participants took place on Thursday 29th January in the Business Innovation Centre, Stafford St. Nenagh. The workshop was booked out with over 40 people attending.

Brian and Robert from SOS were facilitators for this most informative day. Their methodology and ability to communicate and to empower the sensitive sharing within the group was admirable.

How many of us ever gave energy to the 1440 minutes in a day and less energy to the possibility of spending one of those minutes in an attitude of calm and mindfulness, to focus on how we are, who we are, where we are going or to what purpose we do anything in our lives?

Brian and Robert had everyone on board for a voyage of humble sharing, honest conversation and a depth of new knowledge about our physical and mental wellbeing that surprised us all.

There was also an acknowledgement of the Creator in a meaningful and simple way that encouraged and gave hope in a very helpful way.

The whole area of core beliefs, assumptions and automatic thoughts was simply explained, as were the vital links between thoughts and behaviour and how changing our thoughts changes our feelings and our behaviour - a point that many found so enlightening.

When we say 'mental health' why do we automatically think mental illness, strange but so true, and this too created interesting conversation. The humble telling of Brian and Robert's stories were cherished by all and found to be so moving and inspirational.

The video of the founder of S.O.S. was very informative and created huge interest among participants.

The feedback from people was very positive and everyone found the day excellent.

Gratitude was also expressed by all for the facilities of the Business Innovation Centre in Nenagh- food, room and facilities were excellent and welcoming staff.

We would like to thank Stacey Cannon, Community and Health Section, Croke Park who made this workshop available to us and was so supportive throughout.