

**A community-
focused
solution that is
aimed at
building a more
self-sustainable
supportive
community of
Mental Health
First Aiders.**

Find Us

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MMHAOfficial



MMHA Awareness Programme

**WORKSHOPS & TALK
TOPICS**

STRESS

1. Stress and wellbeing

This session outlines the effect of stress on our wellbeing, and how can we differentiate between emotion and mental illness?

2. Resilience

An introduction into resilience, learning skills you can put to practice immediately to help you bounce back from stress, adversity, and challenges at the workplace.

3. Emotion Management

Learn how to recognize the different types of emotions that you're feeling and how to positively manage your emotions in the workplace.

4. Beat the Burnout

Explore the impact of the pandemic on a person's mental health, and also the concepts of stress and burnout. This session also teaches self-care techniques on handling stress and burnout.



COMMUNICATION

1. Communication is more than just the words we use (Verbal and Non-verbal communication)

Recognizing the different forms of verbal and non-verbal communication. Why is it important and How to use it to foster close working/familial relationships?

2. Empathy

Explore the differences between apathy, empathy and sympathy. How can we harness empathy to improve relationships in the workplace/at home?

3. Active listening Skills: Are you listening or just hearing?

This session provides the examples and tips on practising active listening, as well as how active listening can lead to a better comprehension among colleagues/friends and family members.

4. Conflict Resolution

Learn how to handle conflict between employees. (Identification, planning), ways to develop a plan to suppress conflict.





1. Sleep Hygiene

Discover what does sleep hygiene mean, how to improve our sleep and wake up refreshed as well as the importance of good sleep habits.

2. Practice mindfulness

An introduction to how the mind habitually works, why we get stressed, how practicing mindfulness helps improve our wellbeing, and ways to self-care during this pandemic.

3. Food and Mood

Gain useful insights into how food affects how we feel, and how to manage our moods with food? Tips on healthy eating will be shared during the session.

4. Time management

Learn the importance and benefits of mindfulness, how to effectively manage our time, set and determine priorities (Urgency and importance evaluation table).