



# World Mental Health Day



10<sup>th</sup> Oct.

Live Virtual & F2F Sessions By Experts

## Make mental health & well-being a priority

World Mental Health Day is a globally observed occasion that underscores the profound significance of mental well-being in the lives of individuals. It serves as a reminder of the critical importance of nurturing and safeguarding our mental health. Mental health impacts every facet of our lives, influencing our thoughts, emotions, behaviours, and overall quality of life.

On [#WorldMentalHealthDay](#), [Enabling World](#) presents a bouquet of well-curated, highly engaging & interactive live sessions delivered through our Wellbeing Specialists.

We invite you to leverage these programs to re-ignite our efforts to protect and improve mental health and let your employees know that 'You care for them'

## Our Offerings

- We invite you to partner with us to enhance the mental wellbeing of your employees through a series of specially curated programs that include sensitisation sessions; sessions on improving mental wellbeing leveraging art, music, food, yoga and other techniques
- We offer senior expert talks on varied topics to guide and inspire your workforce
- Options of F2F, Live Virtual Class & Webinar with need-based customised content & duration.
- You can pick and choose from a ready list of programs, or we can create one for you
- Facilitators with 10+ yrs. experience with deep subject knowledge and specialisation

[#worldmentalhealthday](#) [#mentalhealth](#)  
[#mentalhealththatwork](#) [#WMHDay](#)

## Programs:

### Decoding Mental Wellbeing:

- Holistic approach to mental health
- Art of calming down
- Managing Anxiety

More...

### Art and Mental Health:

- Art Beat- art for happiness
- Glow bottle
- Colour time

More...

### Nurturing Mental Health Through Melody:

- Basuri recital
- Singing bowl
- Naad yoga

More...

### Food and Mental Health:

- Nutrition & mental health
- Mindful eating
- The mind and gut connection

More...

### Mental Health at Work

- Psychological first aid
- Unplugging the smart world
- Managing fatigue & burnout

More...

### Movements & Mental Health

- Stress relaxation techniques
- Mudras for self healing
- Mindset of mindfulness

More...

### Expert Insights on Mental Wellness:

The engaging dialogues and an invitation to explore new perspectives, ignite your curiosity, and gain profound insights from wellbeing experts.

## Enabling World

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