

# Midlife MOT



## Wellbeing workshops

### **Eat Well:**

Discovering how to make meals healthier and exploring shopping habits and budgeting tips.

### **Wellbeing:**

Exploring 'wellbeing'. Defining it, rating how we feel about our lives and setting lifegoals.

### **Mindfulness:**

Exploring 'Mindfulness'. The benefits of being mindful and equipping ourselves with mindfulness techniques.

### **Managing Anxiety:**

Discussion about what 'anxiety' is. Learning coping techniques and breathing exercises.

### **Stress Awareness:**

Defining 'Stress'. A discussion about the causes and impact it can have. Coping strategies to help manage stress.

### **Physical Activity:**

The importance of Physical Activity; moderate and vigorous activity defined. Overcoming barriers to exercise.

### **Sleep Well:**

What is sleep and why do we need it? What is good quality sleep? The benefits of good sleep and exploring bad sleep hygiene factors.

### **Understanding Food:**

Food explained! The Eatwell Guide, portion sizes, importance of fibre, healthier alternatives to processed food.

▶ **Sign up via your Executive Coach**

▶ **All workshops are online and last 60 minutes**

▶ **[reedmidlifemot.co.uk](https://reedmidlifemot.co.uk)**

**Reed** in Partnership

In partnership with  
  
**Department for Work & Pensions**