

WE MIGHT BE DISTANT BUT WE DON'T NEED TO BE DISCONNECTED

In this special FREE online series it's easier than ever to connect with some of our favourite experts (who are as great online as they are in person). They'll help you learn some simple skills and tips to support you and those around you look after your mental health during isolation, and into the future.

When: Every Wednesday morning at 10am

Dates: 13 May - 10 June.

How to watch: It is EASY! To get your weekly dose of laughter to help you stay mentally well, click on this link <https://us02web.zoom.us/j/88994707902> which will prompt you to enter the session. See the back of this poster for more information.

WHAT



@startingpointtas

@healthytasmania

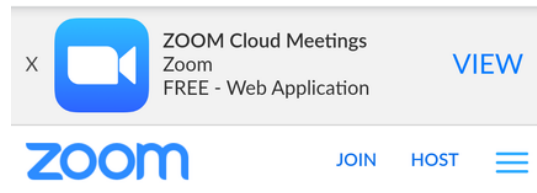
Date	Activity	Description
13 May	Laughter is medicine	Laughing is good for you right? RIGHT! This session delivered by Jenny McGregor from The Humour Foundation will explain how laughter helps keep us well by triggering healthy physical and emotional changes in the body. Did you know that laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the effects of stress? You won't only learn about it, you will give it a test run. Jenny is a singer/songwriter originally from Scotland and has worked as a Clown Doctor for seven years entertaining children and families.
20 May	Mindfulness basics	Ever wondered what this mindfulness thing is all about? In this session, mindfulness coach Rosy Green run you though what mindfulness is, why it's relevant for you, how to do it, and how it's different to stress management and relaxation. Did you know that mindfulness has been shown to improve mental health and boost our immune system.
27 May	Helping each other to stay mentally well in isolation	How many times have you heard 'we are all in this together'? Well we are, sort of, but we're all experiencing it differently. In this session, mental health advocate Wendy French will help you to recognise signs and symptoms that your mental health may be deteriorating. You'll also develop the confidence and skills to check in with others who you think might be struggling, and importantly learn how to link them to appropriate help and support.
3 June	Best tools and apps to keep you mentally well in isolation	Do you keep seeing programs and apps online that can help you look after your mental health but don't know which ones are right for you? Join psychologist David Bakker in a practical, informative, and hilarious session about the best online tools and phone apps to keep us well whilst we are in isolation.
10 June	Stress management	Mental Health Clinician Caroline Thain will run you through some practical and easy tips on how to manage your stress whilst in isolation, and how to respect those around you, all while getting a good night's sleep.

HOW TO WATCH

Step 1: Click on the below Zoom link at 10am on the session date you want to attend.

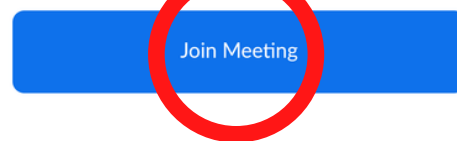
<https://us02web.zoom.us/j/88994707902>

Step 2: This will soon prompt you to download and join the Zoom session. Click 'Join Meeting' to begin



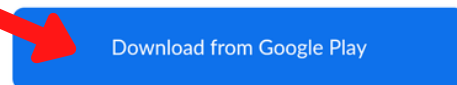
If it's your first time using Zoom, you'll need to download (it might look different depending on your personal device or computer)

If the Zoom app is installed, please click "Join Meeting."



First time using Zoom on this device? Please download the Zoom app from the Google Play store or directly from "Download from Zoom" below.

Enter ID: 88994707902 after you install the Zoom app.



OTHER STUFF

- All welcome to watch
- You need a smartphone, computer or tablet with a stable internet connection to access
- Join us for one session or join us for all
- Zoom too much for you? Don't worry as copies of recordings will be placed on the Starting Point Neighbourhood House website, Facebook page and even on a big screen at the Neighbourhood House on Prossers Forest Road. Healthy Tasmania will also put a copy on their website and Facebook page.

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Project management by



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