

Totally Laughter Yoga

A partnership between

SNR

Consultancy and Training

Personal and Organisational Development



Laughter and Learning for Lifelong Wellbeing

Working together to enrich, enlighten
and inspire you through...

...the power of laughter; meditation; positive mental health with the
5 ways to wellbeing; managing stress; food and mood; developing
emotional literacy; talking about sensitive issues.

Welcome

Totally Laughter Yoga is a partnership between SNR Consultancy and Training and Elaine Saint Partnerships. With over 40 years experience in the Health and Education sectors Totally Laughter Yoga are able to bring together a portfolio of training that can provide people with the knowledge and skills that can improve mental and emotional wellbeing. These training events will help build resilience helping individuals cope better with the pressures of the modern life

Training includes:

- Supporting Wellbeing through Laughter Yoga (page 3)
- The 5 Ways to Wellbeing (page 4)
- Drug and Alcohol Awareness (page 5)
- Mental Health First Aid (page 6)
- Practical strategies for deal with stress (page 7)
- Understanding Food and Mood (page 8)
- Self Esteem (page 9)
- Additional Courses (page 10)

Our courses can either be delivered as described or our skilled trainers can design and deliver a bespoke package to meet your specific needs.

Please contact us to discuss your training requirements.

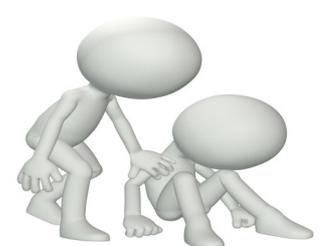
Sandra Saint and Simon Richardson

Telephone: 07843106127

Email: totallylaughteryoga@yahoo.co.uk

Web: www.totallylaughteryoga.co.uk

www.emotionalhealthwellbeing.co.uk



Supporting Wellbeing through Laughter Yoga

Laughter Yoga began in 1995 and has developed into a unique exercise system that has a range of positive effects on the individual. But along with the benefits to the individual, businesses have found significant improvement in personal efficacy, a strengthening of positive relationships and a reduction in conflict within groups

Laughter Yoga, whilst grounded in scientific and evidence based practice, is not about theory; it is an experiential program and the participants will gain the following:

- ☺ They will understand the value of laughter as an exercise and will experience enhanced energy levels from the very first session.
- ☺ They will learn to laugh without any reason but not without purpose and will be able to practice Laughter Yoga exercises anytime anywhere.
- ☺ They will learn how to change their mood state within minutes by doing these laughter exercises thereby bringing a change in their attitude towards others.
- ☺ Laughter Yoga exercises will help them to release negative emotions and bring about an emotional balance for better relationships with friends and colleagues and with family at home.

We are able to tailor Laughter Yoga sessions to meet your needs and at a time to suit you.

Laughter:

Laughter releases endorphins, giving us the feel good factor

Acts as aerobic exercise and is like internal jogging

Unleashes inhibitions, breaks down barriers

Generates better communication and team building

Helps boost immune system

Tones muscles, improves respiration and circulation

Encourages positive thinking and creativity

Relaxes the whole body and reduces stress and tension



5 ways to wellbeing



The 5 ways to wellbeing are simple actions that individuals can implement which can improve their health and wellbeing. It was developed following extensive research by the New Economics Foundation. Improvements in an individual's wellbeing can increase resilience, support better relationships at work, reduce sickness absence rates and increase productivity.

This experiential full day training* will teach participants:

- The impact of our behaviours on health and wellbeing
- What the 5 ways to wellbeing are:
 - ☺ Connect
 - ☺ Keep learning
 - ☺ Give
 - ☺ Be active
 - ☺ Take Notice
- How engaging with the 5 ways to wellbeing improves their emotional wellbeing
- Ideas and ways to implement the 5 ways to wellbeing into their everyday life
- Ways to support family, friends and colleagues in using the 5 ways to wellbeing



*The 5 ways can be delivered as either a whole day or over a number of weeks.

Drug and Alcohol Awareness Training*



Drug and Alcohol misuse constitute major risks to both the individual and wider society. Yet many people feel ill-equipped to discuss these issues with their children and other family members. Improving our understanding of drug and alcohol can make those conversations easier and allow us to help those we love make safe, healthy decisions

This 3 hour drug and alcohol awareness course will teach you:

- The potential impact of substance misuse for the workplace
- What is drug and alcohol misuse?
- The possible signs of drug or alcohol misuse
- What illegal drugs look like and how they are misused
- The effects and risks associated with commonly misused substances
- The impact of drugs and alcohol on mental health
- The legal status and classification of the drugs discussed
- The help available for Drug and Alcohol problems



*Course content links to HSE recommendations on drug and alcohol in the workplace

Mental Health First Aid training gives people the confidence and skills to intervene, help and support those experiencing mental health problems. Early intervention can slow down or even stop mental health problems. It can reduce the distress of the individual, can give professional treatments the best chance of leading to a full recovery and help the individual to stay at work or minimise any absence from work

The 12 hour Mental Health First Aid course will teach you how to:

- *Spot the early signs of a mental health problem*
- *Feel confident helping someone experiencing a problem*
- *Provide help on a first aid basis*
- *Help prevent someone from hurting themselves or others*
- *Help stop a mental illness from getting worse*
- *Help someone recover faster*
- *Guide someone towards the right support*
- *Reduce the stigma of mental health problems*



This course can also be offered as a Level 3 Open College Network qualification (additional charges apply)

Practical strategies for dealing with Stress

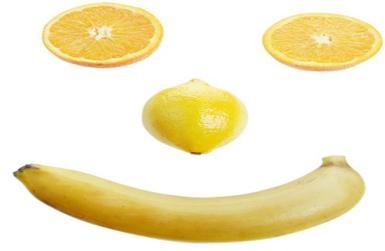
Stress related health problems cost UK over £4 billion a year. For many businesses it is the second biggest, if not the biggest cause of sickness absence in the workplace! Some pressure in our lives can be good for you. But the difference between pressure and stress is often misunderstood. Recognising the causes, signs and symptoms of stress and having a toolbox of skills to manage stress can help people be more effective in their daily lives, achieving more and feeling healthier.

During this 1/2 day training event participants will be taught:

- What is stress?
- The signs and symptoms of stress
- Positive approaches to stress management
- Practical strategies that can help reduce the negative impact of stress on the individual, including approaches to a health lifestyle, breathing techniques and simple meditations



Understanding Food and Mood



Just about everyone knows the link between a healthy diet and physical health and whilst it is difficult to prove at the moment, there is an increasing belief that what we eat and drink can impact on our mental health and wellbeing. The Mental Health Foundation recognises that recent evidence suggests that a number of mental health conditions may be influenced by the foods that we eat. What we consume can not only protect our mental health but for those that have experienced mental health problems it is also suggested that a healthy diet can aid recovery from mental health problems.

This 3 hour food and mood awareness course will teach you:

- ☺ The basic principles behind a healthy balanced diet
- ☺ How the things we eat and drink can impact on our emotional and mental health
- ☺ How a healthy diet can reduce feelings of stress
- ☺ The choices to make in the supermarket that can positively impact on your mental wellbeing
- ☺ Ideas and recipes to help you to support your wellbeing

Self Esteem

What is it?

How to improve it?

Having employees with a positive sense of self brings a range of benefits to any organisation such as; better working relationships, less conflict, and a more resilient staff. This participative and experiential course will support the improvement of self-esteem through a range of activities.

The course will help participants understand how self-confidence helps build emotional resilience and will cover:

- ☺ The link between self-concept and self-esteem
- ☺ The impact on health and wellbeing of low self-esteem
- ☺ Maslow's Hierarchy of Human Needs in Action
- ☺ Building the foundations for healthy self-esteem
- ☺ Practical activities to promote and support positive feelings of self
- ☺ How change can impact on our feelings and steps to manage change positively

Practical ways to Build a positive sense of self worth and emotional resilience



Other courses from Totally Laughter Yoga

We also offer a comprehensive range of First Aid Courses awarded through Protrainings that can be delivered either at your own venue or at the Hartlepool Enterprise Centre. These course include:

- First Aid at Work (3 days)
- First Aid—Requalification (2 day)
- Emergency First Aid at Work (1 Day)
- First Aid—Annual updates
- Automated External Defibrillation (AED)
- Paediatric First Aid (2 days)
- Diabetes Awareness



Blended courses which are part distance learning followed by practical sessions are also available.

In addition we are able to provide Manual Handling Training as part of the comprehensive range of training we offer to promote and maintain physical and emotional wellbeing

Coming in July :

Meditation Training - explore the benefits of meditation in everyday life. This 5 week programme will teach participants the basic principles and techniques of meditation and examine how meditation can facilitate better physical and emotional health.

