

## Taking care of your headspace & wellbeing

Will be starting in a few minutes



## Panellists



Matt Wigginton

Director

Ben



Jimmy Elliott Mental & Resilience Coach

## Your headspace

- Our brain's response to the current situation and to lockdown
- Looking after your mental health & wellbeing and how to do this
- Mental resilience, what it is and how to build it
- Making time for you
- The resources Ben can offer those in the automotive industry







https://tide.theimi.org.uk/industry-latest/motorpro/rachel-clift-how-access-ben MotorPro – How to access Ben

https://ben.org.uk/our-services/health-and-wellbeing/ - Ben

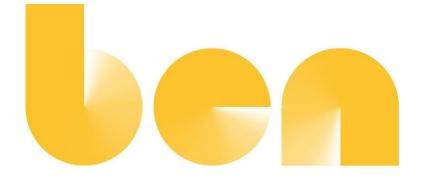
www.ben.org.uk/SilverCloud - Ben Silver Cloud digital platform

https://www.mind.org.uk/\_- Mind

<u>https://tide.theimi.org.uk/industry-latest/motorpro/mental-health-eight-ways-</u> <u>support-staff</u> - MotorPro supporting staff

<u>https://tide.theimi.org.uk/industry-latest/motorpro/counting-cost-mental-health</u> -MotorPro Counting the cost of mental health

<u>https://tide.theimi.org.uk/industry-latest/motorpro/five-steps-building-mental-toughness - MotorPro 5 steps to building mental toughness</u>



## Support for life

