



INSTITUTE OF THE  
MOTOR INDUSTRY  
Driving the industry since 1920

# Taking care of your headspace & wellbeing

Will be starting in a few minutes



# Panellists

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**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



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# Useful Links

<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](http://www.ben.org.uk/SilverCloud) - Ben Silver Cloud digital platform

<https://www.mind.org.uk/> - Mind

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

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

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

