

Medmark COVID-19 Wellbeing Supports

We recognise that many people are struggling to adapt to working in the new COVID-19 environment. Medmark has developed a range of Wellbeing Webinars that employers can use to support their staff. We also have available a Wellbeing Platform which offers access to hundreds of articles, videos and simple wellbeing exercises.

We have included below details of the Wellbeing Platform and Webinars. In addition, we have available COVID-19 Antibody Testing. If you wish to discuss or avail of any of these services please contact me on paul.ogrady@medmark.ie or 01 6761493.

Regards

Paul

Wellbeing Webinars

We deliver wellbeing webinars to your staff using Zoom, Microsoft Team, etc. We have a range of talks available from our experts, focusing in particular on mental health. We can also develop tailored talks to meet your specific requirements. Some of our most popular talks include:

- **Resilience during COVID-19:** The aim of this webinar is to create a positive space to learn about minding yourself through uncertainty and change, by building resilience and wellbeing. This is an enjoyable webinar, which is practical and provides easy-to-apply tips and tools on resilience relevant to both work and home life.
- **Self-care while working from home:** This webinar has been designed to support the wellbeing of anyone who finds themselves suddenly trying to adapt to the new reality. Many are working from home, trying to juggle childcare, home-schooling and work; others are home alone and feeling isolated. For everyone there is change and uncertainty. Learn how to mind yourself and stay well during these challenging times.
- **The secret to happiness:** This webinar teaches the importance of happiness and equips the participant with simple but effective tools to increase their happiness in life and in work, as well as some Stress Management techniques
- **'Practical introduction to mindfulness'** This is not a talk so much as an experiential hour. Whether you are a total newcomer to mindfulness or have already developed your own practice, all will benefit from the calm space created by the facilitator. This webinar will teach an understanding

of the principles of mindfulness as well as various practical exercises to give the experience of mindfulness.

- **Guided meditations:** We run a series of 6 weekly 30-minute guided meditations. This provides participants with the opportunity to embed the practice of meditation and its benefits including gaining a new perspective on stressful situations, building skills to manage your stress and increasing self-awareness.
- **15-minute wellbeing pep talks:** We have a series of short wellbeing pep talk videos each covering a different topic such as Stress Management, Building Resilience, Self-Care model, Positive Mental Health Tips.
- **Making time for exercise:** This webinar explains the importance and benefits of making time for fitness in particular taking into account the changed working environment and restrictions in place due to COVID-19.
- **The importance and benefits of healthy eating during COVID-19:** The purpose of this webinar is to provide attendees advice on the benefits of healthy eating during COVID-19. It highlights how healthy meal planning has a positive impact on mental, physical and emotional wellbeing. Helping the attendee understand how to prepare, plan and maintain meals daily to reach optimal health, save money, time and reduce waste.

Wellbeing Platform (POWR)

POWR (Positive Occupational & Wellness Resources) is a great tool to help workers stay psychologically strong and engaged during this time of uncertainty and stress. POWR creates health enhancing plans, across the 6 wellbeing paths of active, life, work, mind, sleep and food, based on the employees' interaction with the tool. The plans and challenges in POWR are great to build confidence and the daily meditation and breathing exercises will help with various stress symptoms. It provides access to hundreds of articles, blogs, videos and simple exercises which are great to engage with to work on physical, emotional and psychological wellbeing. This [video link](#) provides an overview. POWR can be implemented very easily to all workers, including remote workers.

For further details or to discuss Wellbeing Supports please contact:

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