

Wellbeing Wednesdays – Mental Health and Connecting with Nature

April 30, 2021



Rail Wellbeing Live's **Wellbeing Wednesdays** will this month be supporting Mental Health Awareness Week, hosted by the Mental Health Foundation, with their topic of 'Nature'. So with that in mind, the topic of the month is Mental Health and Connecting with Nature.

Wellbeing Wednesday Livestream

On Wednesday 5 May at 11am hosts, Eleni Jordan and Huw Jones, will be joined by certified forest therapy guide, Sam Wright.

Nature is so central to our psychological and emotional health, that it is almost impossible to realise good mental health without a greater connection to the natural world.

Sam will be talking about the connection with nature, why it is important, and how we can introduce more nature connection at work and in our personal lives.

There will also be plenty of time for audience questions at the end of the session.

Conversation Starter

Conversation starter is a short film that can be used in team meetings to kickstart conversations about health and wellbeing.

To get your teams talking in May Rail Wellbeing Live is delighted to welcome Jayne Dunsbee with 'The Power of the PAUSE'.

Stress is natural and necessary, but how do we manage our reaction to too much stress? Jayne will discuss how a 'pause' can help with stress management, the various options you have for achieving this, and invite you to take a 'pause' before moving on to whatever you're going to do next.

Both the Wellbeing Wednesday livestream and Conversation Starter video are free to access, visit www.railwellbeinglive.co.uk to watch live at 11:00am on Wednesday 5 May and access the Conversation Starter from Saturday 1 May.

More about the presenters:

Eleni Jordan is the commercial & customer strategy director of Chiltern Railways and Huw Jones is rail sector director at BAM Nuttall.

More about the guests:

Sam Wright (Wellbeing Wednesday livestream) Sam Wright is an ICF ACC accredited coach and certified forest therapy guide. She is the founder of Natural Edge Coaching, a company which specialises in professional coaching and nature connection practices.

Jayne Dunsbee (Conversation Starter) Jayne trained with the Association of Nature and Forest Therapy (ANFT) and is a mindfulness specialist, forest therapy guide, coach-mentor, and scientist, with a passion for helping people to live the best life possible. She is founder of Inspirational Changes Consulting Ltd.

[Click here for more details.](#)

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