



Strengthening Mental Wellness in the Workplace

How to strengthen against anxiety and depression, improve performance, and fortify general mental wellbeing at work and beyond.

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The very nature of workplaces mean that even the most supportive work environment, rich in vital opportunities for growth and challenge, can be fertile ground for the physical, relational, and emotional stressors that can drive anxiety and put pressure on mental wellbeing. Understanding these triggers and their impact on the brain and body can be a vital scaffold in strengthening mental health. In this presentation, we will discuss:

- the neuroscience of anxiety - why it happens and why it feels the way it does;
- the different physical and behavioural manifestations of anxiety;
- why the workplace is fertile ground for anxiety, and how to recognise the signs;
- the relationship between anxiety and performance, and how to manage anxiety to maximise performance outcomes;
- rewriting the 'anxiety story' - a strength-based, science-backed way to understand anxiety and how to use this to strengthen against anxiety;
- the connection between anxiety and depression, and how to enhance mental wellbeing;
- practical, proven ways to manage anxiety, even in high-pressure situations;
- rethinking support - the things we all need to ensure peak performance and the role environment plays in supporting mental wellbeing;
- person to person - why relationships matter and the small things that will make a big difference;
- how anxiety at work can intrude into home life and relationships, and how to protect against this.



About Karen Young

Karen has worked as a psychologist in private practice, organisational, and educational settings. She is an internationally sought-after speaker, educator, and consultant, working with government bodies, media outlets, and a diverse range of private organisations. Karen is the author of four internationally-acclaimed books and the founder of 'Hey Sigmund', a popular online resource that provides contemporary, research-driven information on anxiety, neurodevelopment, and mental wellbeing.