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Luminate wellbeing webinar & workshop guidelines

Thank you for signing up to our upcoming webinar or workshop. We find it important to provide some guidelines around what to expect and to make sure you can make an informed decision as to whether to attend.

1. The workshops are based around research-backed self-care strategies and preventative methods for looking after your mental health. You can think of it like a fitness class for the mind.

2. Within some of our workshops, we cover material around mental health and mental illness. If you are experiencing mental illness or if someone close to you is (or if you have lost someone to mental illness), you may find some of the material upsetting and/or triggering. You may feel it is not the right time to attend a webinar around mental health. Please take time to think about this decision.

3. Most of our workshops and webinars involve some of kind of meditation or mindfulness exercise. If you are currently experiencing moderate to severe mental illness, you may find it difficult to engage in these exercises. Please contact us if you are not sure whether this workshop is suitable for you to attend.

4. The workshops are not intended to provide a cure for any mental illness or condition. If you know you are (or think you may be) experiencing mental illness, we would recommend seeking professional care in the form of your GP or a qualified talking therapist. You may find it difficult to engage in some of the content we present, if this is the case.

5. There is rarely one way of looking after your mental health. Many of the exercises we teach involve participants engaging in developing their own self-care plans and strategies, accommodating for the uniqueness of each individual and what works best for different people. It also aims to empower the individual to proactively look after their own mental health. The workshops aim to be a collaborative process, rather than an exact guide on how to live.

6. Much of the work you will need to do to look after your mental health, will be completed outside of the workshop. We aim to provide you with some tools and techniques that you can implement in everyday life, but in order to benefit from these tools, they need to be applied on a regular basis, which often requires effort and hard work. This is an ongoing process, not an overnight solution.

7. If some of the solutions seem simplistic or obvious, it's because there is no magic solution to looking after our mental health. It's the small habits that we form and carry out every day that make a difference. We aim to remind you of these and give you the space to think about how you can look after your mental health, but the work will begin and end with you; we cannot do that for you.

8. If you need further support with your mental health and are thinking about seeking talking therapy privately, we recommend the BACP search tool for finding a therapist. This is a hugely personal process, so we recommend talking to perhaps more than one, until you find a therapist you are comfortable with. The website lists accredited professionals and has a useful search function for finding someone in your geographical area and area of focus. You can find this tool here: https://www.bacp.co.uk/search/Therapists

Thank you again in joining us for one of our workshops. If you have any questions about whether our workshop will be suitable for you, please drop us a line on hello@weareluminate.co