

# Wellbeing In Full Charge: *Using the Season to Recharge*

**Neil Shah**



# HOW MANY OF YOU...

HOW MANY OF YOU

**...FEEL MORE MOTIVATED OR UPLIFTED AS THE SEASONS CHANGE AND WANT TO USE THIS TIME TO RECHARGE YOUR WELLBEING?**

**...TEND TO FEEL DRAINED OR UNSETTLED BY SEASONAL CHANGES AND STRUGGLE TO FIND ENERGY OR BALANCE DURING THIS TIME?**

**...AREN'T QUITE SURE HOW THE SEASONS AFFECT YOU, OR HAVEN'T REALLY PAID ATTENTION TO ANY CHANGES IN YOUR ENERGY OR WELLBEING?**

# THIS SESSION IS BEING RECORDED...

[● REC]

# RECORDING IN PROGRESS

*THIS SESSION IS BEING RECORDED AND WILL BE  
AVAILABLE AFTER THE EVENT AT*

 [www.stress.org.uk/public](http://www.stress.org.uk/public)

# ABOUT US

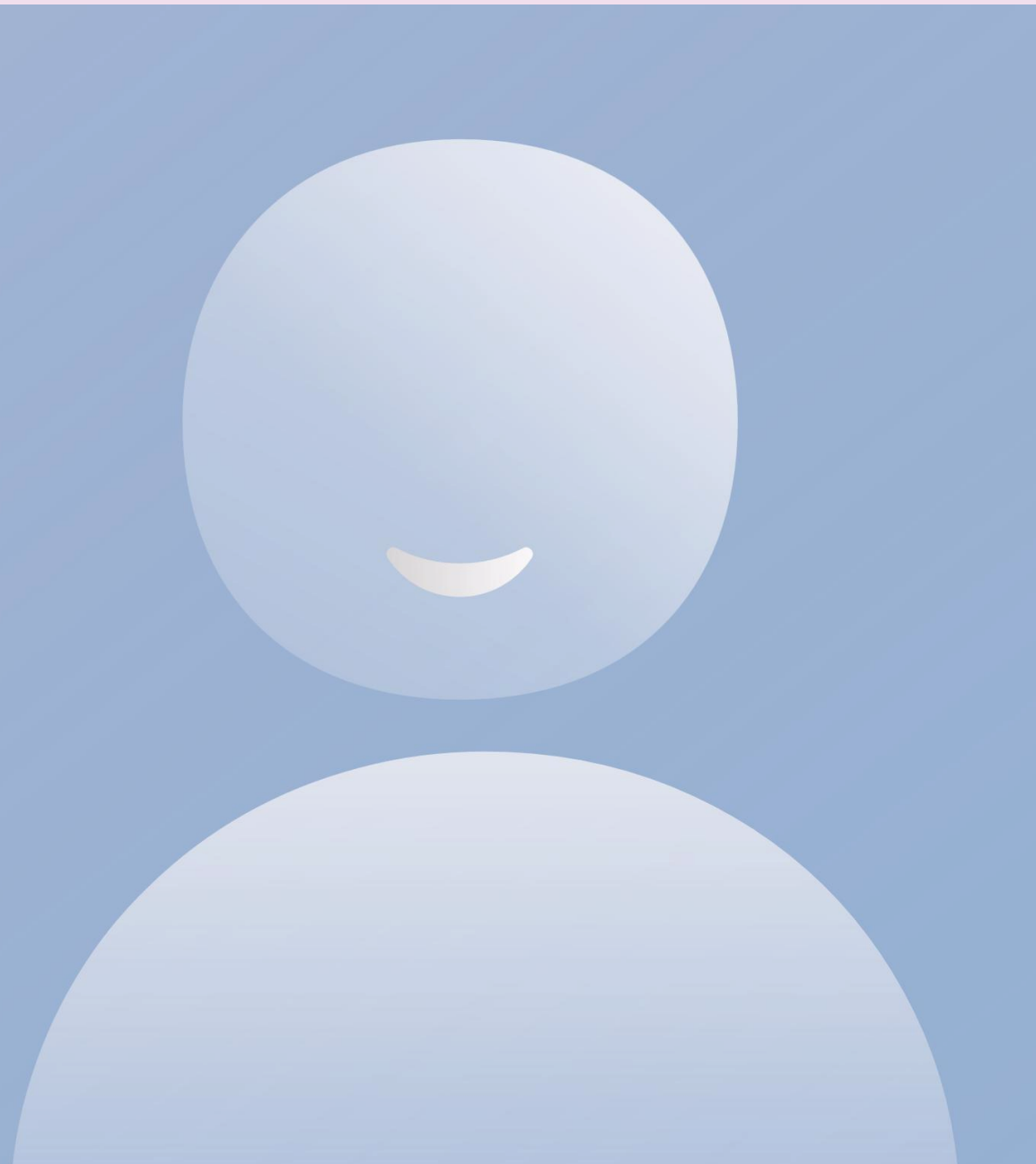
**The Stress Management Society** is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. We are a small organisation in West London who have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.




**International Wellbeing Insights** is the research and consultancy arm of The Stress Management Society.

Our vision is to create a **happier, healthier** and more **resilient** world.

# DONATE TO STRESS MANAGEMENT SOCIETY

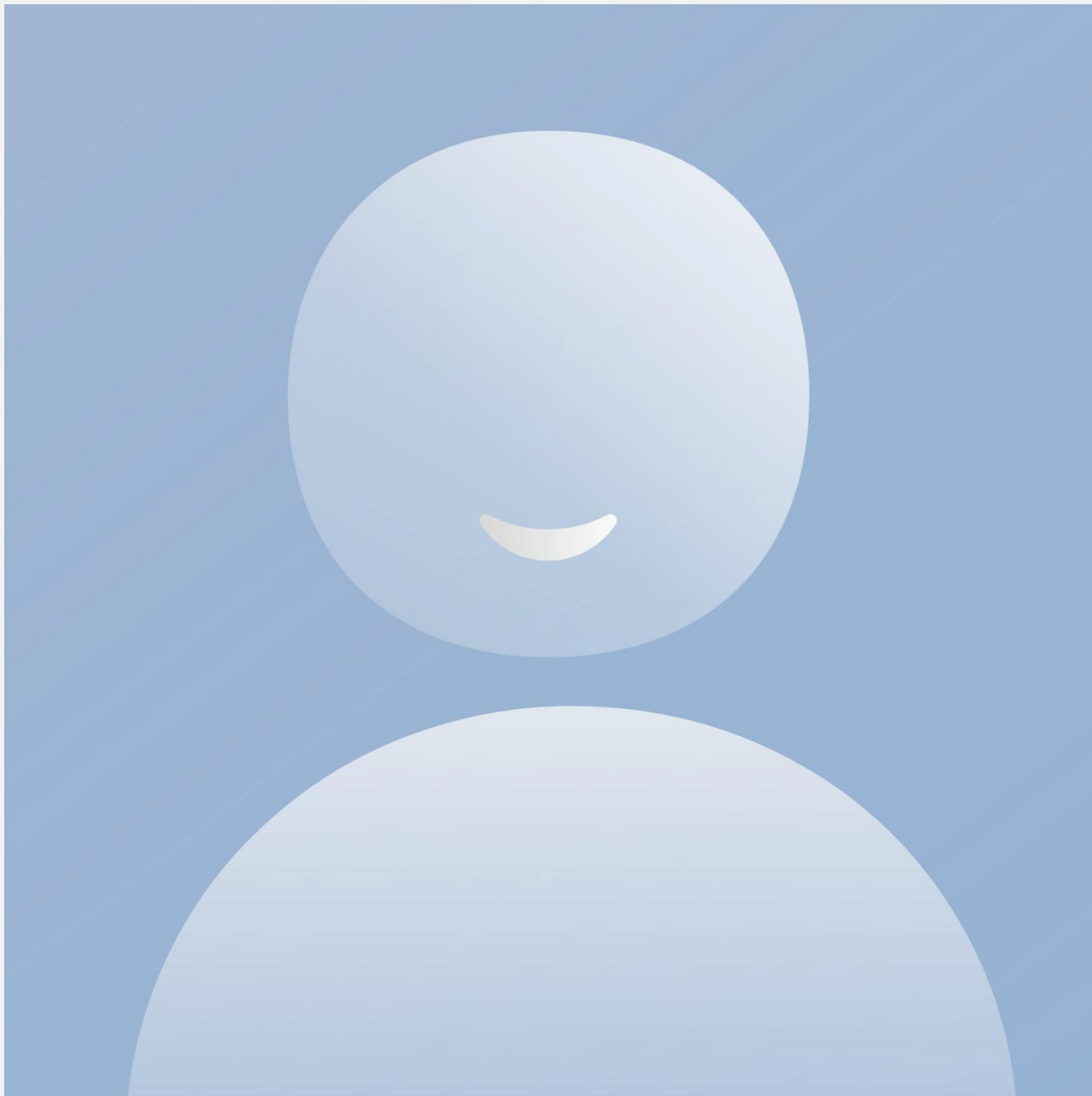


Donate to   
The Stress Management Society



**We absolutely love providing these webinars  
and resources to you and your support means  
the world to us!**

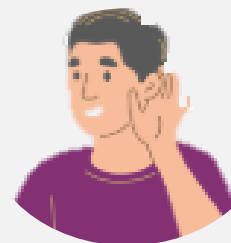
# HOW TO USE THE WORKSHOP



**Cameras on please** – this is not a lecture; this is an interactive workshop. The content has been written to move on when you participate.



Questions will be asked throughout the session, **please get involved** on the microphone and the chat section. This is not the facilitator's session, it's everyone's session! Put your hand up or make a request to share on the mic using the chat.



There will be opportunities to participate – so... **we need to hear from you!**



Please feel free to ask questions, share experiences, disagree, seek clarification, tell me to slow down - whatever you need at any time.

# GROUND RULES: CREATING A TRUSTED SPACE

**BE ON TIME**

**BE HERE NOW:**  
NOT BE HERE SOMETIMES

**LIMIT DISTRACTIONS:**  
TECH OFF OR ON SILENT

**PARTICIPATION:**  
WHAT YOU PUT IN IS WHAT YOU  
GET OUT

**HONESTY & RESPECT**

**KEEP AN OPEN MIND**

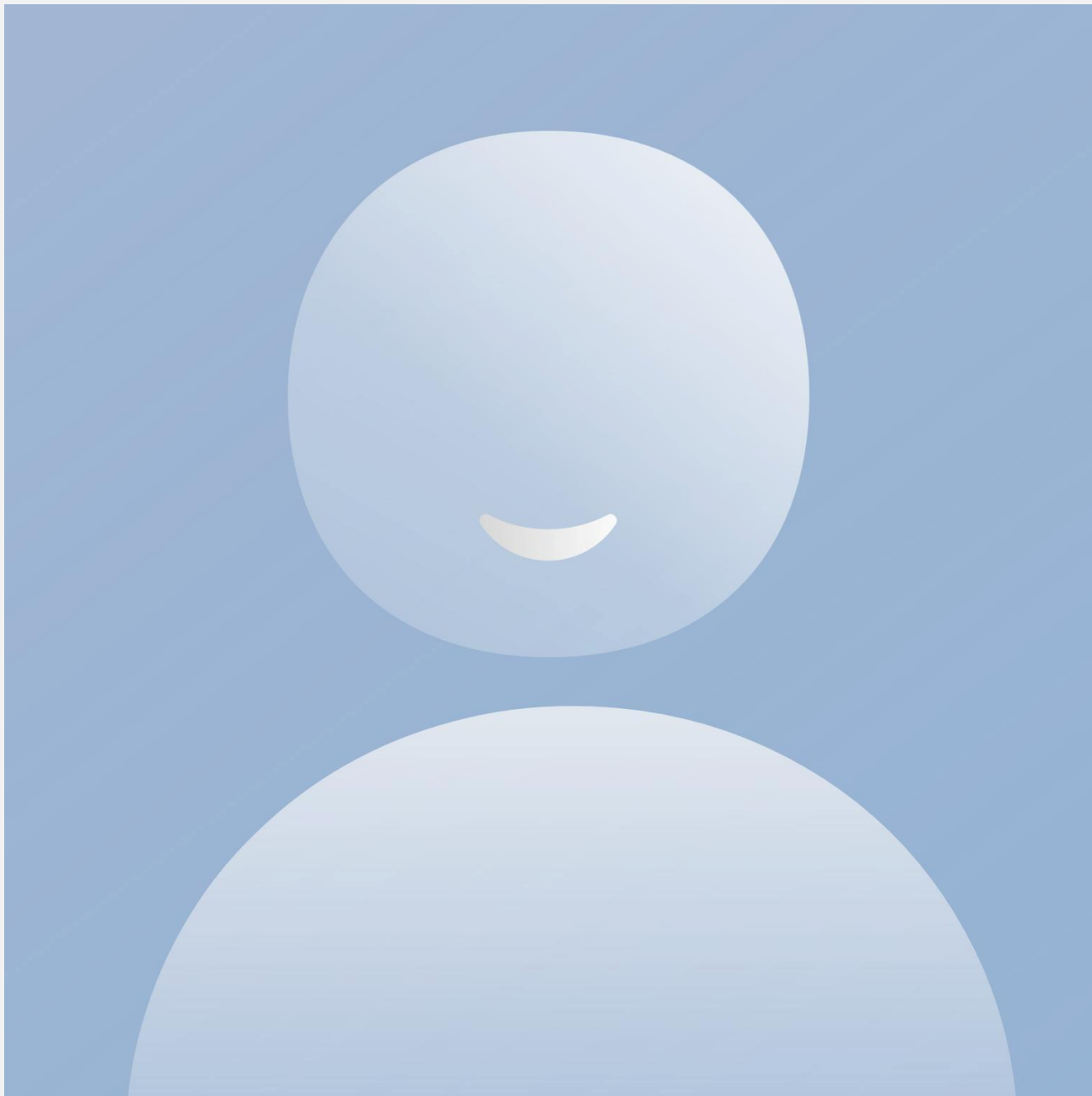
**USING 'I...' STATEMENTS**

**CONFIDENTIALITY**

**SAFEGUARDING**

Please feel free to add more in the chat  
section...

# FURTHER RESOURCES TO SUPPORT THIS SESSION



 Add link and pic of handbook

# SUMMER IS HERE FOR US IN THE NORTHERN HEMISPHERE

WHAT ARE SOME WAYS IN WHICH  
WE CAN USE THE WEATHER TO  
IMPROVE OUR WELLBEING?

Feel free to share on the mic or in  
the chat



# HOW THE WEATHER HELPS OUR WELLBEING

**Boosts Mood Through Serotonin Production**

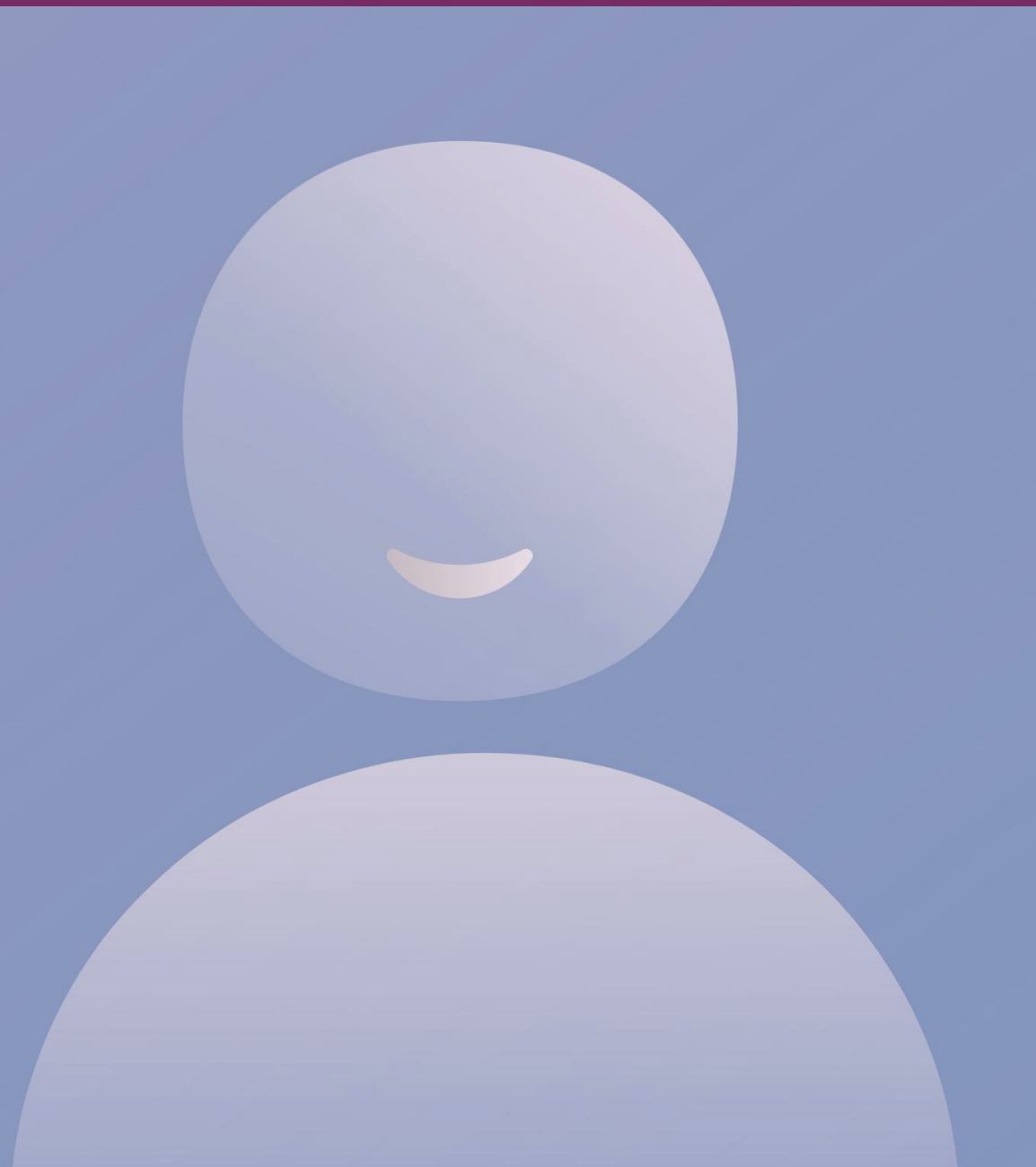
**Supports Better Sleep and Emotional Balance**

**Encourages Time Outdoors and Mindful Breaks**

**May Help Reduce Symptoms of Seasonal Affective Disorder (SAD)**



# BARRIERS OF USING THE WEATHER TO YOUR ADVANTAGE



WHAT

**BARRIERS PREVENT YOU FROM USING THE WEATHER FOR YOUR WELLBEING?**

**ANSWER IN THE CHAT SECTION OR ON THE MIC**

# BARRIERS OF USING THE WEATHER TO YOUR ADVANTAGE

**Mental Health Challenges**

**Busy Schedules and Lack of Time**

**Digital Distraction and Indoor Culture**

**Feeling Guilty About Rest or Joy**

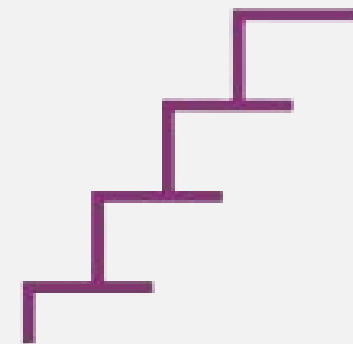


# BARRIERS OF USING THE WEATHER TO YOUR ADVANTAGE

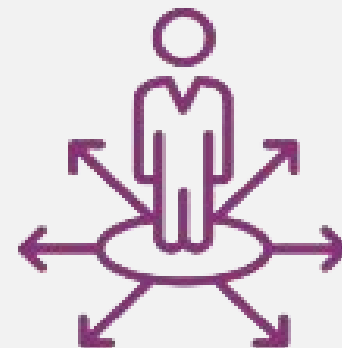
## UNPREDICTABLE WEATHER



# THE S.U.N. MODEL



**START SMALL**



**USE WHAT YOU HAVE**



**NOTICE WITHOUT JUDGEMENT**

# TAKING ACTION

WHAT WILL YOU DO TO

**...START SMALL IN YOUR OWN WAY?**

**...USE WHAT'S ALREADY AVAILABLE TO YOU?**

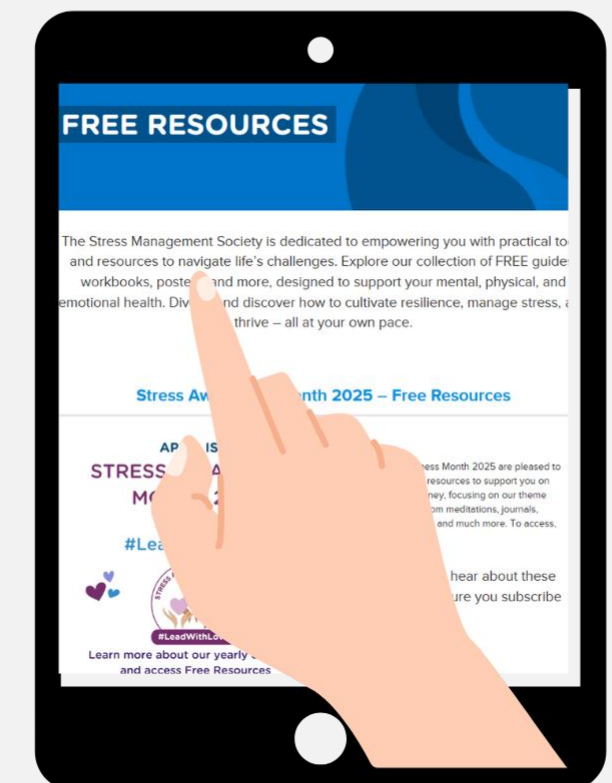
**...NOTICE WITHOUT TRYING TO CHANGE ANYTHING?**

**ANSWER IN THE CHAT SECTION OR ON THE MIC**

# CHECK OUT OUR FREE RESOURCES

HAVE A LOOK ON OUR  
WEBSITE FOR A RANGE OF  
FREE RESOURCES!

 [www.stress.org.uk](http://www.stress.org.uk)



# JOIN OUR NEW PEOPLE, CULTURE AND WELLBEING FORUM

Are you a HR, Health and Safety Professional or Workplace Wellbeing Specialist?

Join our exclusive *People, Culture and Wellbeing Forum.*

Click the **link in the chat** and be part of our global community dedicated to enhancing the workplace culture around the world.

**Sign up now** for newsletters, webinars and further insights on workplace wellbeing so we can thrive together!

# SIGN UP TO OUR WEEKLY NEWSLETTER

**SIGN UP**

**Stress Buster  
Newsletter**



# MENTAL HEALTH CHAMPIONS

LEARN MORE ABOUT SAFEGUARDING,  
SIGNPOSTING AND SUPPORT



CLICK THE LINK  
AND BOOK FOR  
OUR LOWEST PRICE  
YET FOR JUST £222  
USING CODE  
'MHC25'  
FOR OUR JUNE  
PROGRAMME

# NEW PRODUCT- WELLBEING PROTECT

**SIGN UP TO THE BE  
THE FIRST TO GET THE  
BENEFITS!**

**USE CODE:**

**WELL50**

**FOR 50% OFF THE ENTIRE  
PACKAGE FOR ONE  
MONTH**



[Our Courses \(wellbeingprotect.com\)](https://wellbeingprotect.com)

# WAS THIS SESSION BENEFICIAL?

IF THIS SESSION WAS  
BENEFICIAL PLEASE  
LEAVE US A GOOGLE  
REVIEW



# NEW EMPLOYEE ASSISTANCE PROGRAMME SUPPORT



**EMAIL**  
**[info@stress.org.uk](mailto:info@stress.org.uk)**  
**TO REQUEST OUR**  
**FREE EAP**  
**PURPLE PAPER**

**CONTACT US FOR A**  
**FREE EAP REVIEW**  
**DISCUSSION**

# NEED TO TALK? SUPPORT RESOURCES

## SAMARITANS

CALL: 116

This is a **free listening service for whatever you are going through**. No matter what, someone will be there to help talk through any distress you feel you want something to talk through with you

## THE SILVER LINE

0800 470 80 90

This **free helpline for older people** across the UK is open every day and night. Staff offer information, friendship and advice as well as linking callers to local groups and services.

## MIND

[www.mind.org.uk](http://www.mind.org.uk)

Call: 03001233393 (09.00-18.00)

Text: 86463

Mind provide **advice and support** to empower anyone who might be experiencing **mental health problems**. They have a range of services including supported housing, crisis helplines, drop-in centre, counselling and befriending

## C.A.L.M. (CAMPAIGN AGAINST LIVING MISERABLY)

[www.thecalmzone.net/help/get-help/](http://www.thecalmzone.net/help/get-help/)

CALL: 0800 58 58 58 (5PM – MIDNIGHT, DAILY)


This campaign aims to help anyone who may have hit a wall for any reason at all and want to talk to someone or find information and support


# MONTHLY FREE WEBINAR

BEYOND SELF-CARE: CHOOSE HOPE,  
LEAD WITH LOVE

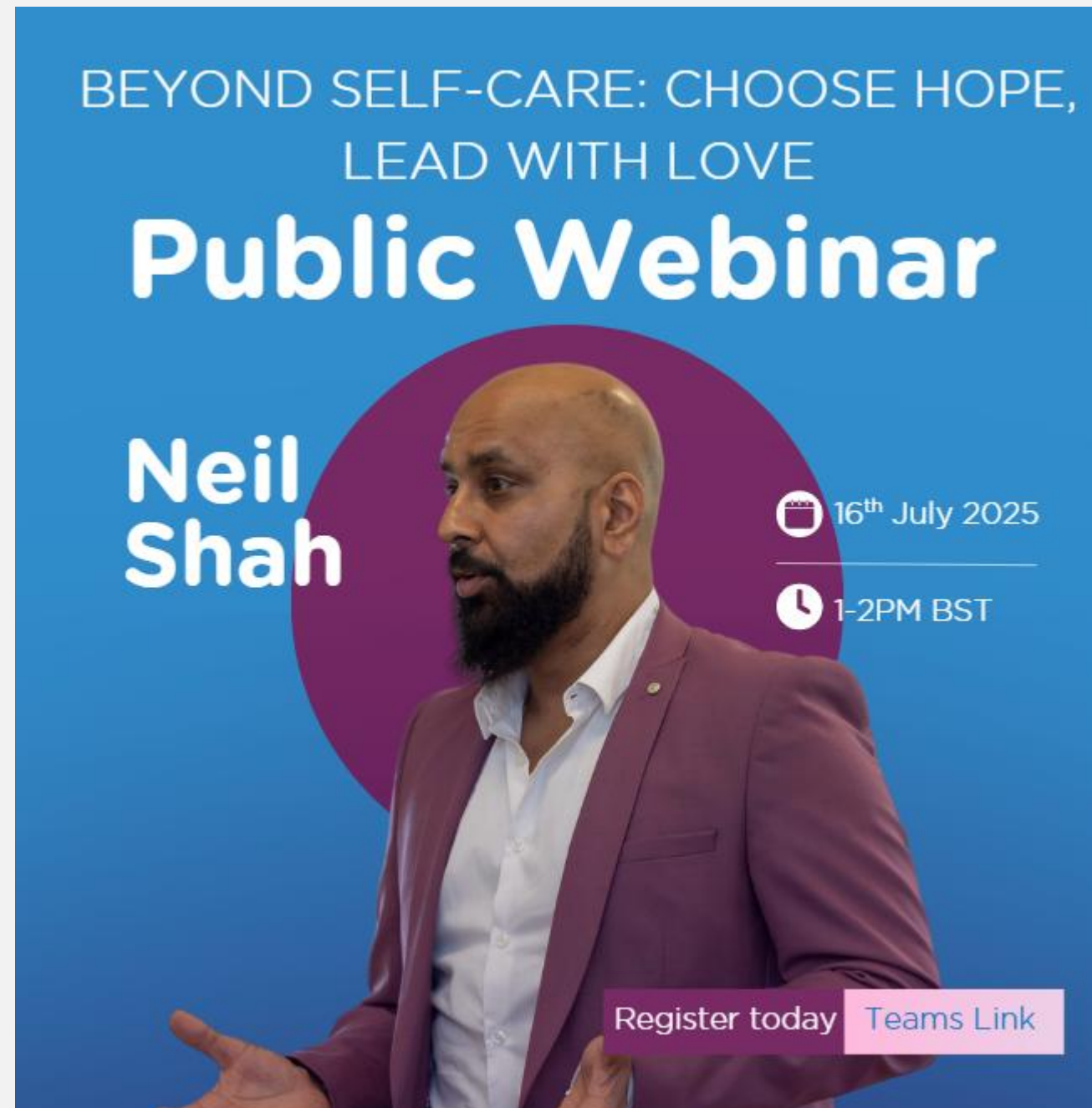
## Public Webinar

**Neil Shah**

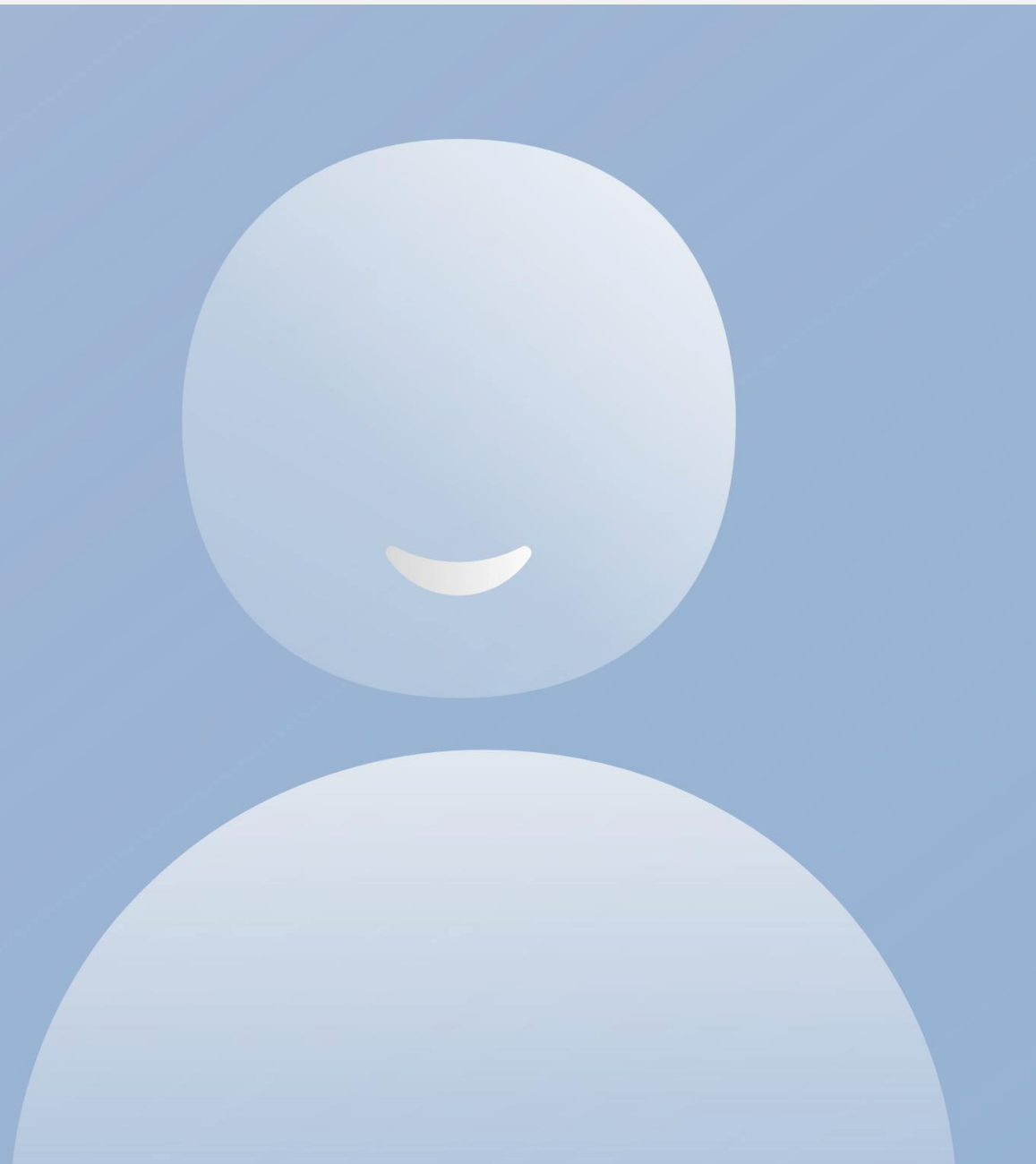
 16<sup>th</sup> July 2025

 1-2PM BST

[Register today](#) [Teams Link](#)

A promotional graphic for a webinar. It features a blue background with a purple circle behind a photo of Neil Shah, a man with a beard wearing a purple blazer. The text is white and purple. At the bottom, there are two buttons: 'Register today' and 'Teams Link'.

# WHAT DO YOU NEED TO ASK BEFORE WE END THE SESSION?



**ANSWER IN THE CHAT SECTION OR ON THE MIC**

# THANK YOU!

We look forward to supporting your wellbeing



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[www.stress.org.uk](http://www.stress.org.uk)



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