

Finding Steady Ground: Mental Health In Times of Crisis



HOW MANY OF YOU...

...HAVE NOTICED YOUR MENTAL HEALTH HAS BEEN IMPACTED IN A TIME OF CRISIS?

...WOULD LIKE TO LEARN TO FIND STEADY GROUND IN A TIME OF CRISIS?

**...HAVE NOT HAD YOUR MENTAL HEALTH IMPACTED IN A TIME OF CRISIS AND NOT
INTERESTED IN FINDING STEADY GROUND IN A TIME OF CRISIS?**

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.

PLEASE SUPPORT US!

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. 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.



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

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

GROUND RULES



BE ON TIME



BE HERE NOW



LIMIT DISTRACTIONS:
TECH OFF OR ON SILENT



PARTICIPATION:
WHAT YOU PUT IN IS WHAT YOU GET



HONESTY & RESPECT



KEEP AN OPEN MIND



USING 'I...' STATEMENTS



CONFIDENTIALITY



SAFEGUARDING

**CAN YOU THINK OF ANY MORE?
DROP YOUR SUGGESTIONS IN THE CHAT.**



THE 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

THIS DISCUSSIONS OBJECTIVES

TOGETHER, WE'LL EXPLORE:

- WHAT CRISIS CAN LOOK LIKE TO YOU
- WHAT IT MEANS TO FIND STABLE GROUND WHEN LIFE FEELS UNPREDICTABLE
- SIMPLE, PRACTICAL WAYS TO REGAIN BALANCE
- HOW TO MOVE FORWARD WITH GREATER CLARITY, CALM, AND CONFIDENCE

THIS IS A SPACE TO REFLECT, RESET, AND REMIND OURSELVES THAT EVEN WHEN THINGS SHIFT, WE CAN STILL FIND OUR FOOTING.



WHAT IS A CRISIS?

CRISIS DOESN'T ALWAYS MAKE HEADLINES. SOMETIMES IT JUST MAKES US...

“FOR ME, CRISIS IS...”



ANSWER IN THE MIC OR SHARE IN THE CHAT



WHERE REAL STEADINESS LIVES

WE CAN'T REBUILD EVERYTHING YET, BUT WE
CAN REBUILD **MOMENTS OF PEACE.**



YOUR GROUND: WHAT HOLDS YOU?

**EVEN WHEN THE WORLD SHAKES, THERE'S ALWAYS
SOMETHING UNDER YOUR FEET.
THE GROUND DOESN'T DISAPPEAR...**

WE JUST FORGET TO FEEL IT.

**THINK OF ONE THING (A VALUE, PERSON, OR
MEMORY) THAT KEEPS YOU STEADY.**



PERSONAL WORK IN COLLECTIVE CRISIS

**WE CAN'T HEAL THE WORLD ALONE BUT
WE CAN CHOOSE HOW WE SHOW UP IN
IT.**

**AND THAT CHOICE, THAT INNER
GROUNDING IS WHERE REAL CHANGE
BEGINS.**



WHAT HELPS US STAY STEADY

**THINK ABOUT YOUR OWN LIFE, A TIME
WHEN THINGS FELT UNSTABLE.**

**WHAT HELPED YOU FIND EVEN A SMALL
MOMENT OF CALM OR CONTROL?"**



ANSWER ON THE MIC OR SHARE IN THE CHAT



EXAMPLES OF GROUNDING PRACTICES

Spiritual Practices

A friend who always listens
without fixing.

Cooking a family recipe that
connects you to home.

Hobbies

A walk outside, where the air
feels steady even if you don't.

Sitting with a cup of tea.

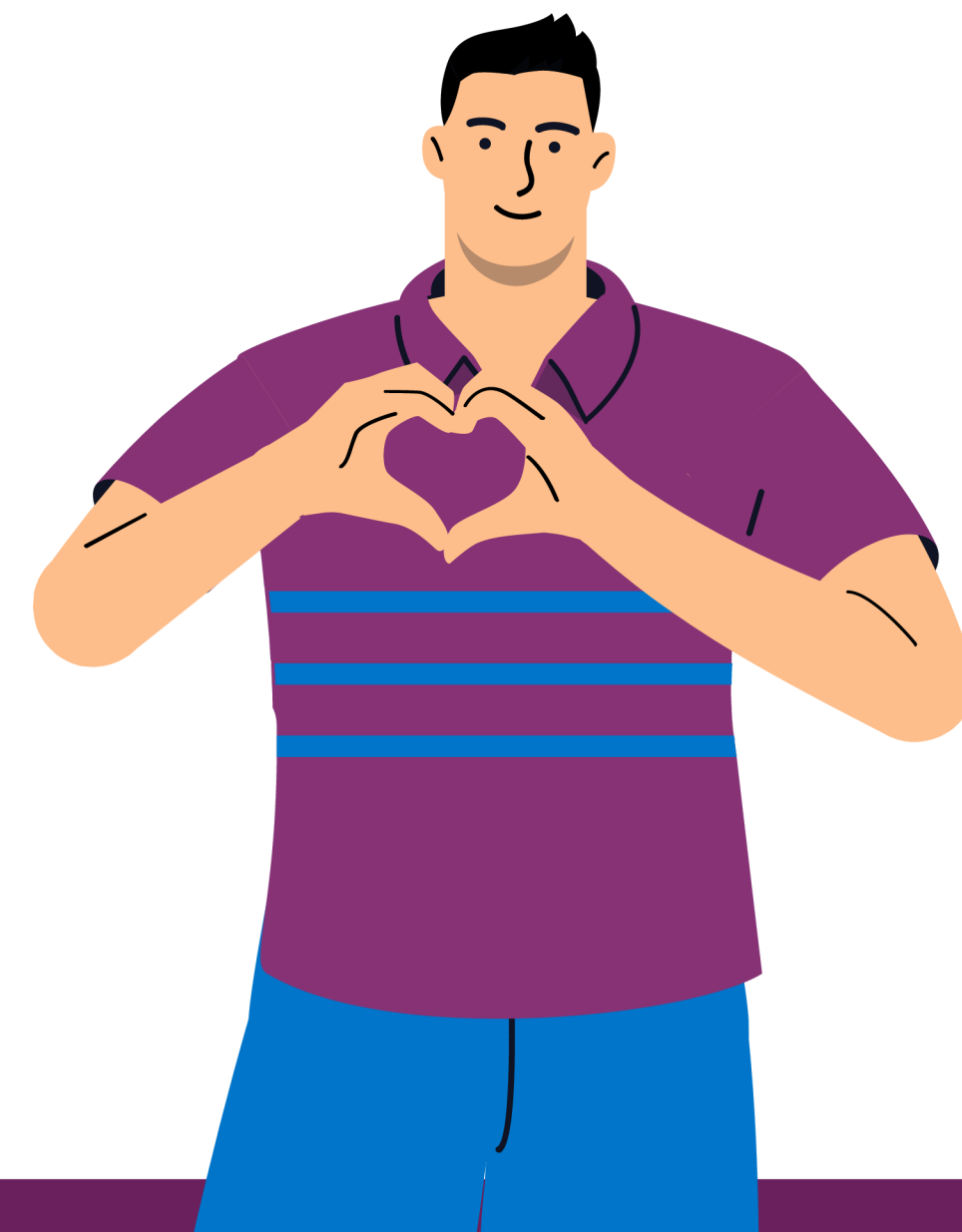
Journaling

CALL TO ACTION

**BEING THE CHANGE DOESN'T MEAN FIXING
EVERYTHING.**

**IT MEANS SHOWING UP DIFFERENTLY, GROUNDED,
COMPASSIONATE, UNAFRAID TO SPEAK.**

**SO WHAT'S ONE SMALL ACTION YOU'LL TAKE IN THE
NEXT 24 HOURS?**



MENTAL HEALTH CHAMPIONS

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YOU £248.5 FOR OUR OCTOBER PROGRAMME**



JOIN NEXT MONTHS WEBINAR

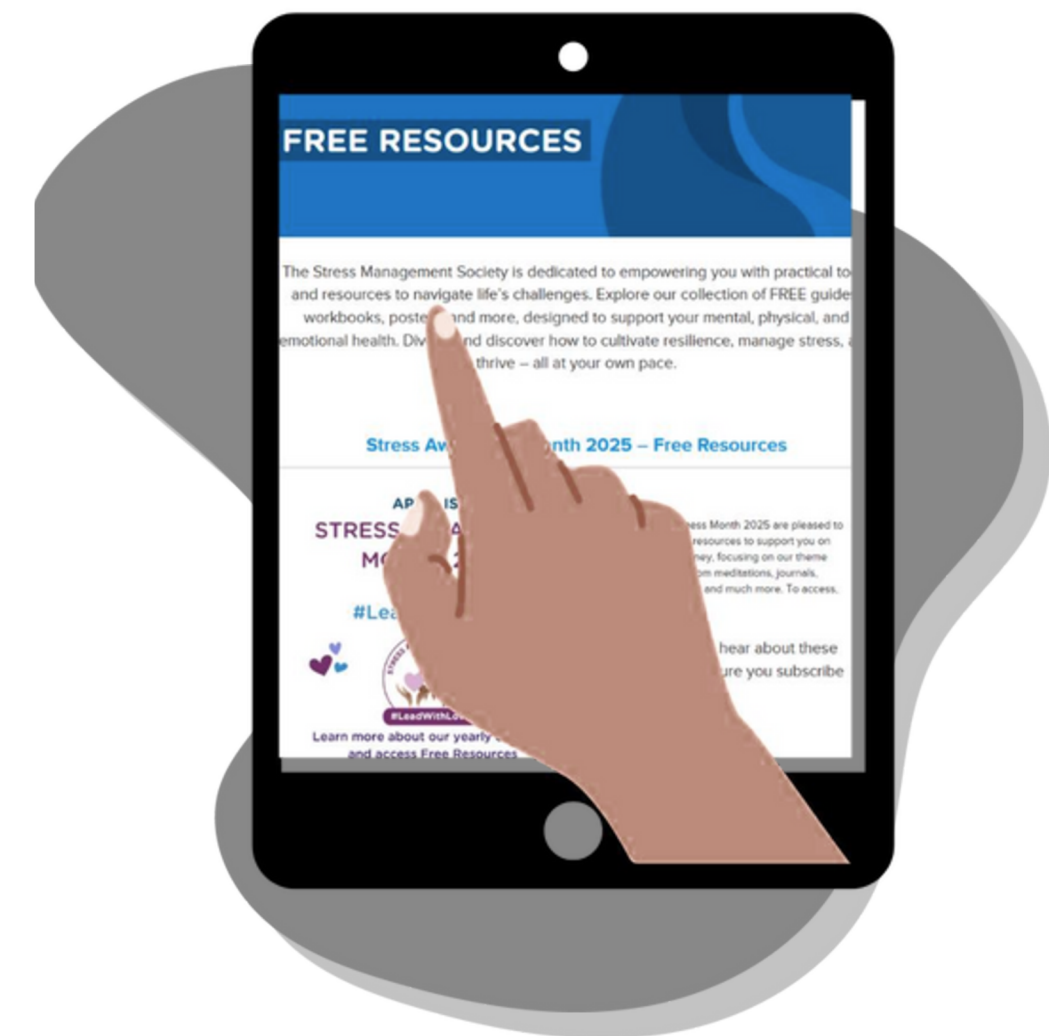
THURSDAY 19th NOVEMBER 2025

**“BRAVE ENOUGH TO TALK:
BECAUSE STRENGTH STARTS WITH HONESTY”**

JOIN BY CLICKING **THE LINK IN THE CHAT**

CHECK OUT OUR FREE RESOURCES

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



JOIN BY CLICKING THE LINK IN THE CHAT

OUR PEOPLE, CULTURE AND WELLBEING FORUM

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

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

Do you care about creating a happier,
healthier workplace where everyone can
thrive?

Be part of our global Stress Management Society community
and click **the link in the chat** to sign up for our newsletters —
gain access to expert insights, inspiring webinars, and
practical tools to create happier, healthier workplace cultures.



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



WAS THIS SESSION BENEFICIAL?

IF THIS SESSION WAS BENEFICIAL
PLEASE LEAVE US A REVIEW



EMPLOYEE ASSISTANCE PROGRAMME SUPPORT

CONTACT US FOR A EAP REVIEW DISCUSSION

info@stress.org.uk

TO REQUEST OUR FREE EAP PURPLE PAPER



SUPPORT RESOURCES

MIND: Provides everyday support to those experiencing mental health issues. Call **0300 123 3393**

SAMARITANS:

www.samaritans.org provides 24/7 support to those experiencing mental health issues. Call **116 123**

HUB OF HOPE:

www.hubofhope.co.uk

**WHAT RESOURCES DOES YOUR
WORKPLACE HAVE AVAILABLE?**

Australia: Lifeline 13 11 14

New Zealand : Lifeline NZ 0508 828 865

US: 988 Suicide and Crisis Lifeline

BEFRIENDERS WORLDWIDE:
www.befrienders.org

CRISIS TEXT LINE:

www.crisistextline.org

Offers 24/7 text-based support in the US, UK, Canada and Ireland

CLOSING CHECK-IN

**WHAT DO YOU NEED TO ASK, SHARE,
DISCUSS OR EXPLORE BEFORE WE
FINISH TODAY'S SESSION?**



THANK YOU

We look forward to supporting your wellbeing journey...



info@stress.org.uk



+44(0)203 142 8650



www.stress.org.uk
www.wellbeing.work



The Lighthouse, Suite S,
Quay West,
Salamander Quay,
Harefield, Middlesex
UB9 6NZ, U.K.