

# Mental Health Week

## Self-Care Seminars

Join us for a range of seminars and an expert panel discussion.

### Mental Health 101 Let's Talk

Mon - Oct 11th | 4:15pm

It will tackle the common misconceptions about mental health, helping us to normalise the issues people face. [Click Here To Join](#)

### The Psychology of Healthy Eating

Tue - Oct 12th | 4:15pm

This seminar will look at how to implement all the psychological skills that are necessary to make a good diet a habit. [Click Here To Join](#)

### School Community Wellbeing

Wed - Oct 13th | 4:15pm

Those working in primary, post primary and special schools discuss how to self care can support mental health of the school community. [Click Here To Join](#)

### Exercise for the Mind

Thu - Oct 14th | 4:15pm

This seminar looks at physical and mental exercises that can promote mental health and help improve mood. [Click Here To Join](#)

### Beating Burnout

Fri - Oct 15th | 4:15pm

This seminar looks at what can be done for burnout, from recognising signs and symptoms, to tackling life's stressors, to new coping mechanisms. [Click Here To Join](#)

For support on accessing the seminars contact [support@spectrum.life](mailto:support@spectrum.life)

Whatever is on your mind, contact Spectrum.Life free and confidentially: **Freephone: 1800 411057**