



*"Lots of tips, great interaction - the participants loved it."*

## **Mental health in times of crisis**

interactive webinar by psychologist Thijs Launspach

How do you maintain and improve your mental health in times of COVID? What are ways to effectively cope with the stress, anxiety and isolation during these uncertain times? What are strategies for working at home effectively and healthily?

Now more than ever we need to focus on our mental health. We need to build on our resilience. We need to do what we can to stay sane. We need to eliminate sources of stress and take care of ourselves. Not only for our own benefit, but also to take on the responsibilities our families and communities demand of us.

In this interactive webinar, psychologist Thijs Launspach shares his vision how to maintain your mental health in times of crisis. Thijs will share his favourite strategies on stress management, self-care and effectively working from home.

In this webinar you will learn:

- How to recognize and deal with stress effectively
- Strategies for reducing your stress levels quickly and effectively
- What steps you can take to improve your mental health in times of crisis
- Tips and tricks on how to work from home in an effective way.

**Thijs Launspach** (1988) is a psychologist, best-selling author and (TEDx-) speaker. He has written several books on stress management, burn-out and millennials in the workplace, titles include *Fokking Druk* and *Managing Millennials*. He has a weekly column in *het Algemeen Dagblad*.



**Praise** for this webinar:

*This webinar was exactly what we needed. We had loads of people tuning in, and they stayed tuned all the way throughout the webinar.*

- Lobke Hidding (Mediacom)

*Lots of tips, great interaction - the participants loved it.*

- Amber Kroef (T-Mobile)

*260 participants and it exceeded our expectations by a mile. Every single piece of feedback was positive.*

- Femmy de Rijk (AmGen)

**Practical information:**

- Interactive webinar
- English or Dutch
- 45 - 120 minutes
- 10 - 300 participants (or more, if needed)
- Though Zoom, Teams or a platform to your choosing
- Targeted to anyone that would like to know more about mental health in times of crisis.
- Bookings from January 2021