



## COMMUNICATIONS

### WORKSHOP ON MEDITATION AND MINDFULNESS FOR WELLBEING AT WORK

10/23

Geneva  
18 May 2023

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To: All FICSA Members

From: Cosimo Melpignano, General Secretary

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Dear Colleagues,

May is Mental Health Awareness Month and although we all know how important it is to look after our well-being, we also know that finding a few minutes each day to take some deep breaths and relax can be a challenge in itself.

This is why one of our FICSA trainers, would like to offer a condensed version (60-minutes) of a workshop on Meditation and Mindfulness to FICSA members for free between now and 16 June 2023

Rather than organizing a single large workshop and because of the subject matter, we are offering for each of our member organizations the opportunity to book an individual 60-minute class for you and your colleagues which will allow smaller groups and greater flexibility to book for those in non-European time zones.

The short workshop will combine theory together with some easy-to-do practical exercises to help you manage your wellbeing at work. Specifically:

- *Why and how does stress develop?*
- *Identify your personal stress triggers so that you can better interrupt negative reactions and behaviour*
- *How to introduce mindfulness and meditation into your day to reduce stress and overwhelm*

We hope that you will take advantage of this opportunity to spend 60-minutes on your wellbeing.

As you are aware, FICSA is a major actor in supporting the **UN Mental Health Strategy** and part of its working group. We know how our mental health directly influences our life and how a toxic workplace can affect our life.

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