



Positive thought, Positive interaction and Positive action - how the 3Ps can support your mental health

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Adam will share ways PCOs and eventprofs can achieve positive changes both personally and in the workplace through a deeper understanding of the brain, stress and anxiety.

I will cover the importance of mental health, why stress and anxiety impact us the way they do and what options exist to empty our metaphorical stress buckets. The session will also cover:

- *The difference between the primitive and rational mind
- *How and why we generate our own stress and anxiety
- *Imagination versus reality – why the brain doesn't know the difference
- *The importance of positive thought, positive action and positive interaction
- *Why Polar Bears are just as relevant to our mental health as they were to our cavemen forebears.

The session is appropriate to all Festival of Learning attendees (from both supply and demand sides of the industry) and ideal for anyone experiencing stress or anxiety as well as those supporting others under stress - personally or in management roles.

It will help those looking to perform better in the workplace or in their personal lives and be of interest for those looking to improve their physical health as well as mental health through increased exercise, weight loss, smoking cessation and more.