



The Total Wellness Initiative Singapore

# WELLNESS PLANNING TALK



2020 has been a difficult one for many of us, and brought to focus how we might experience different forms of mental well-being challenges - be it from anxiety, loneliness, or burnout. During these uncertain times, maintaining our physical and mental wellbeing is of utmost importance- but doing so may not be as intuitive for most. Through this workshop, participants will learn:

- Various definitions and domains of wellness
- Wellness Toolbox Construction
- Identifying life triggers and solutions
- Understanding downward spirals
- Formulating crisis plans

We are not a business, purely community driven, and are committed to keeping everything we do free and accessible for all. Find out more about our workshops through the "Resource" tab on our website!

<https://totalwellnesssg.com>

