

Welcome to The Springboard Charity

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Mental Health and Wellbeing in the Hospitality, Leisure & Tourism Industry



Springboard
KICKSTART



By the end of this lesson you will...

- ✓ Understand how to keep well in order to have a great start and go onto have a long career in the HLT industry.
- ✓ Understand that mistakes are part of the learning and development process and that resilience plays a big part in work and life.

What is Mental Health? What is Wellbeing?

Mental Health:

A state of emotional and psychological wellbeing in which an individual is able to use his or her cognitive and emotional capabilities, to function in society, and meet the ordinary demands of everyday life.

Wellbeing:

Wellbeing can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole.



4 categories to good Mental Health & Wellbeing

✓P.

✓I.

✓E.

✓S.



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PIES development



Physical growth and development

*Growth patterns
Puberty
Ageing & Menopause
Mobility and movement
Lifestyle and fitness
Muscle tone/strength
Skin elasticity*



Emotional development

*Feelings
Identity
Confidence
Self esteem and self image
Adapting to trauma
Bonding and attachment
Independence
Security
Contentment
Decisions and control*



Intellectual development

*Thinking
Memory
Learning
Language and communication
Creativity
Problem solving and logic
Expression*



Social development

*Relationships
Friends
Socialisation
Interaction
Communication*



Activity



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This is Sarah. Sarah has a good circle of friends, she doesn't smoke, she normally eats a healthy diet and enjoys school especially English and Art. However Sarah has had some setbacks recently, and is feeling anxious. As a result of this she is finding it difficult to concentrate, has lost her appetite and is eating very little, is not sleeping well and has low energy levels.

From these handouts and what you have learnt so far, what can Sarah do to help herself?

Activity: Resilience



The Impossible Task

TOP TIP It's not impossible, I promise you !!



Did we meet the objectives?

- ✓ Understand how to keep well in order to have a great start and go onto have a long career in the HLT industry
- ✓ Understand that mistakes are part of the learning and development process and that resilience plays a big part in work and life.

Conclusion: What have you learnt?

QUIZ

1. What are the four categories of Mental Health and Wellbeing?
2. Too much caffeine can make you nervous, jittery and anxious.
True or false?
3. Resilience can be like “ I get knocked down.....
A) I stay down,
B) but I get up again
C) now I’m going to give up
4. People in HLT are cheerful, enthusiastic and willing to learn from their mistakes.
True or False?
5. Some food, drink, along with exercise can alter your mood.
True or False?

Thank you

I hope you've enjoyed the session today Happy Mental Health and Wellbeing, look after yourselves.

