

N.O.W.S

National Online Wellbeing Services
Emotional Wellbeing & Mental Health Service

AEF Experience - Emotional Wellbeing & Mental Health

Exploring Mind, Body and Energy Connections



IPHM International Practitioners
of Holistic Medicine
APPROVED TRAINING PROVIDER

Who are N.O.W.S



N.O.W.S holistic, therapeutic and wellbeing services facilitate positive changes in mental health, emotional wellbeing and physical health.

Root
Causes

Early
Intervention

Needs
Led

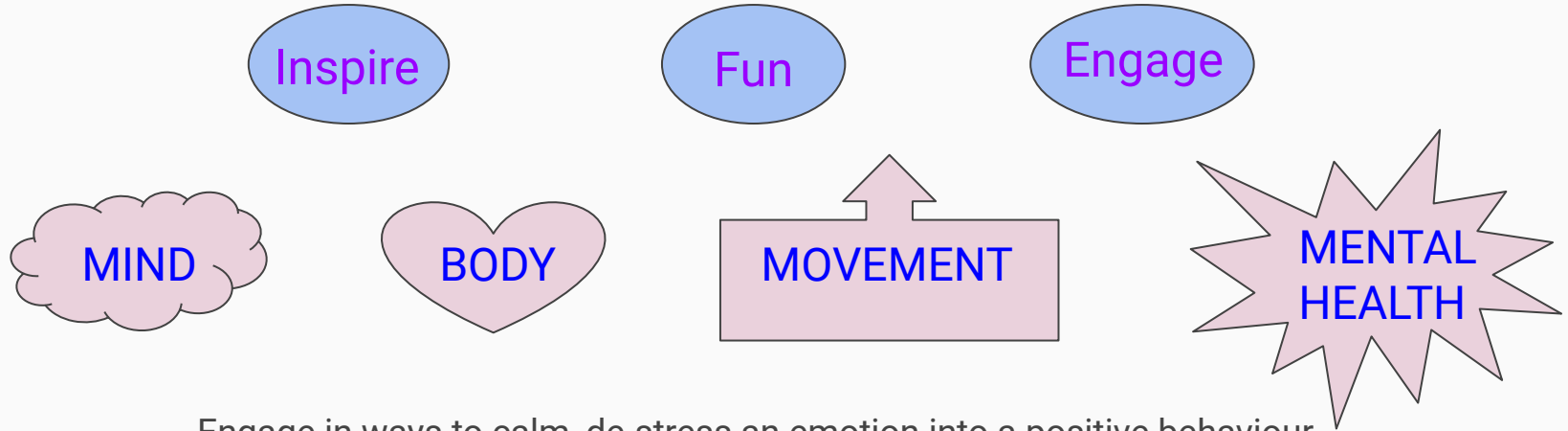
Person
Centred

Emotional
Regulation

Growth
Mindsets

Emotion (energy in motion); reflecting this awareness to learn, grow and thrive throughout life's journey.
Regardless of your experience, the smallest change can promote optimal health and wellbeing.

Welcome - Today's Experience



Engage in ways to calm, de-stress an emotion into a positive behaviour.
Supporting your day to day lives, roles and responsibilities.

Physical Activity & Psychological Benefits is....



Endorphins & Serotonin

Self-esteem & Confidence

Stress Management

Sense of Achievement

Positive Energy in Motion

Optimal Wellbeing & Mental Health

Restful Nervous System

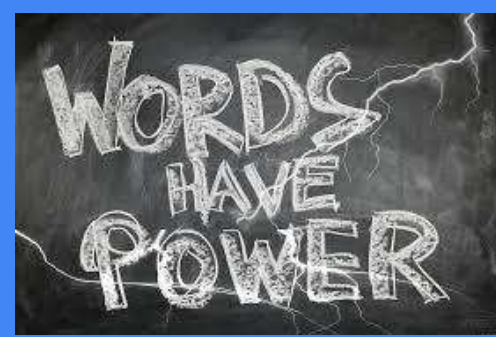
Acceptance &
Belonging

Focus and Clarity

Communication &
Relationship Skills

The connection between movement & mental health is particularly prevalent for children and young people with neurodiverse challenges, which has seen a huge increase in varying social behaviours since covid.

Growth Mindset & Positive Mental Attitude



Reframing is a powerful technique for a growth mindset and positive mental attitude. Where abilities are improved through repetition, motivation, dedication and resilience.

Negative self talk

I'm not good at this

I can't do this

I can't change how I am

I'm not as talented as others

I don't believe in myself

Reframe

Growth mindset and positive mental attitude

I'm doing my best and with practice, I can and will improve

I can do this

I can change & grow by embracing new challenges & learning from my experiences

Everyone has unique strengths. I can develop my abilities through dedication & hard work.

I'm working my self belief. Focusing on my strengths & believing in my own abilities."

Communication Between Mind & Body (EFT)



Emotions are not just in the mind, they are deeply connected to the body's reactions via dialogue between your brain and body.

Acknowledging = Awareness of a thought & feeling

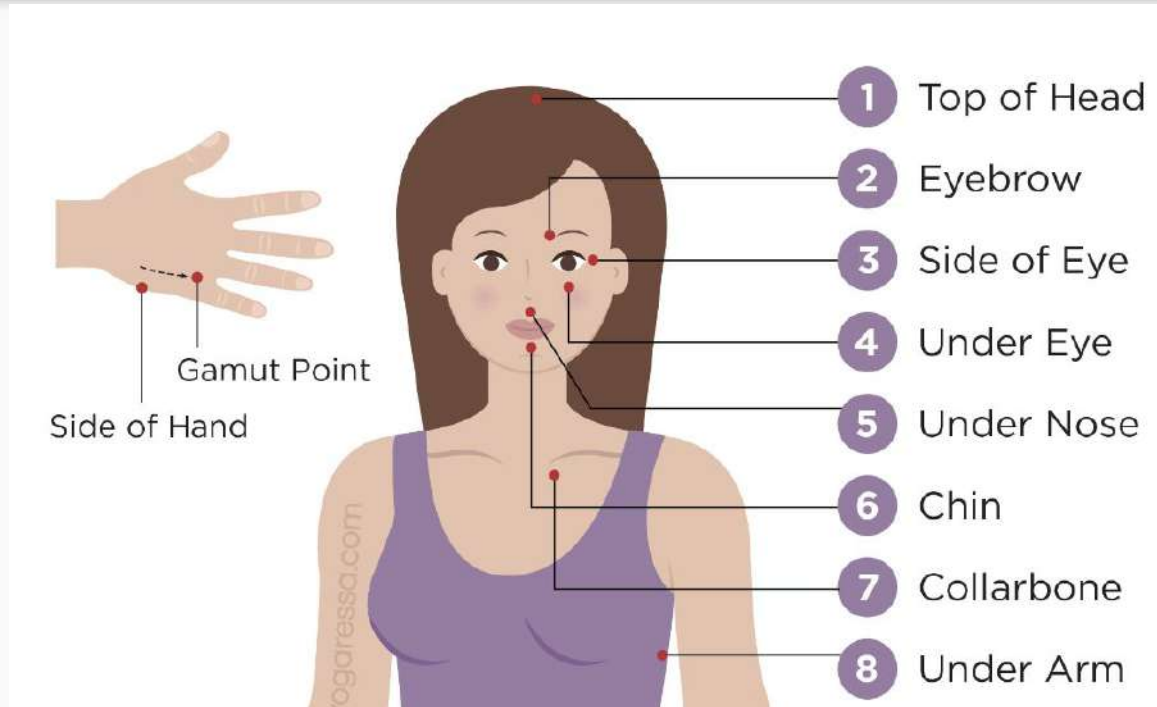
Addressing = Regulation of emotion

Releasing = Restoration of energy

Reframing = Connection of positive communication between mind & body

Empowering = Expansion of positive behaviours

Communication Between Mind & Body (EFT)



Awareness & Nowfulness



Further Support

N.O.W.S encourages you to connect with your own Emotional Wellbeing and Mental Health to be your best and bring out the best in others.

Teaching young people how to regulate their emotions is crime prevention. It's the path to world where we can disagree and still respect each other.

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xxx