

# **Nurse4Nurses Webinar: From Breakdown to Breakthrough - Build mental resilience.**



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Wednesday 25th May  
7:30pm-8:30pm

Zoom link: <https://us02web.zoom.us/j/6651604866>  
Meeting ID: 665 160 4866 Passcode: 25052022



**Inuka Coaching**

Find transformative dialogues



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# The Questions

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# US vs Stress



## What causes Breakdown

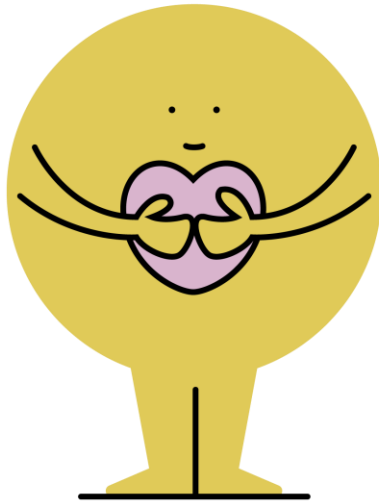
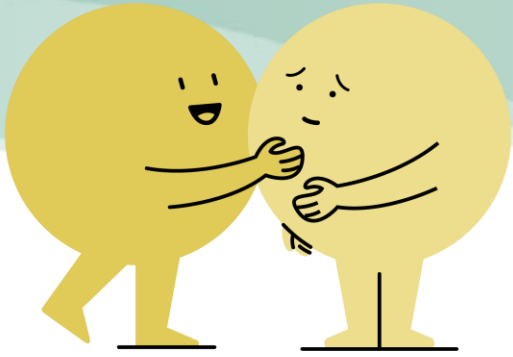
- 1) Financial
- 2) Relationships – with self, others, family and partners
- 3) Abuse and trauma
- 4) Security

## Our response

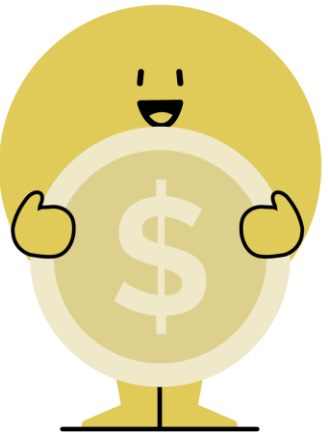
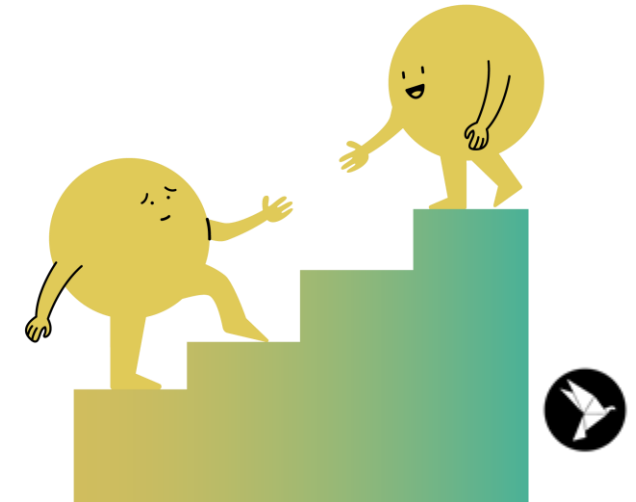
- 1) Feeling defeated, helpless, worthless
- 2) Isolating from the world
- 3) angrier and More irritable
- 4) Crying a lot more
- 5) Negative outlooks
- 6) Overwhelmed



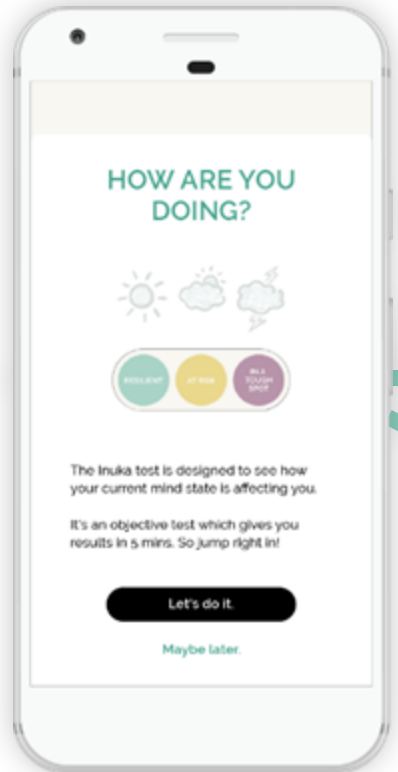
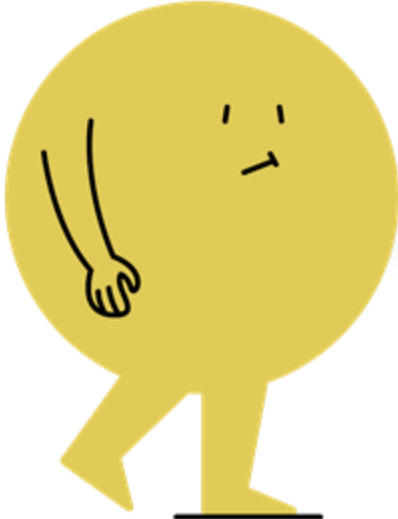
# How can we Break Through?



- Talk it out
- Find a support network
- Look after yourself
- Prioritize your wellbeing
- Believe that you are good enough and deserve better
- Sleep, rest
- Exercise and eat right
- Who am I ?
- Self care
- Believe in something
- Find a work -life balance



# Are you a nurse? Access mental health support on your phone.



1 Wellbeing Scan

2 Certified Coach

3 Track progress



# Reach out to us

## Chat

1. Call us on: 0791 000555  
WhatsApp us 0774 756801
2. Speak to our customer service team
3. Share your unique voucher code N4NMHS
4. Show up for your session



## Group coaching

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Thank  
you

