Mental Health Awareness Week:
9th - 13th May, 2022.

Monday 9th
1-2pm:

Mental Health: What's it all about?
With Emma Wiggs
Register

Tuesday 10th
1-2pm:

Developing Resilience:
From Surviving to Thriving with Lizzie Simmonds
Register

Wednesday 11th
1-2pm:

Supporting Families
with Mental Health with Dr Josephine Neale
Register

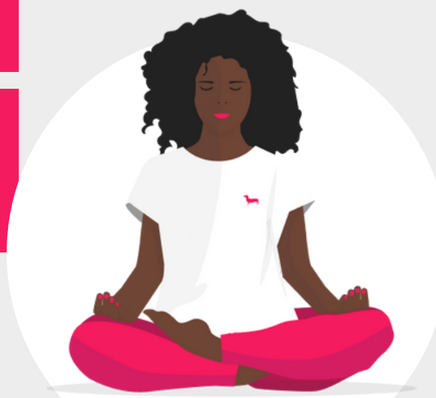
Thursday 12th
1-2pm:

Food & Mood
With award-winning consultant psychiatrist Dr David McLaughlan, and clinical nutritionist Holly Dunn.
Register

Friday 13th
1-2pm:

Jonny Wilkinson:
Finding Opportunity in Disappointment
Register

Scroll for full details



Mental Health: What's it all about?
With Emma Wiggs.

Monday 9th May
1pm - 2pm

We are delighted to be joined by Vitality Performance Champion, Emma Wiggs MBE, a double Paralympic gold medal winner and nine-time World Champion Paracanoeist as we kick off Vitality's Mental Health Awareness Week 2022.

Emma has an incredible story. After contracting a mystery virus which impaired the mobility in her legs, she has fought her way to the top – in not one, but two sports: sitting volleyball and paracanoeing.

Emma has overcome both physical and mental hurdles to break barriers – both personally and professionally.

Vitality's Head of Mental Health & Wellbeing, Belinda Sidhu will be in conversation with Emma in this open and candid conversation in which they discuss:

- What mental health means to each of us
- Why it's important to choose your attitude
- How we can promote and maintain positive wellbeing

Register

Developing Resilience: From Surviving to Thriving With Lizzie Simmonds.

Tuesday 10th May
1pm - 2pm

In this session, we will be joined by Vitality Performance Champion, Lizzie Simmonds, to discuss the importance of having the crucial skill of resilience.

Following two years of a pandemic, and with seemingly more uncertainty to come – with the costs of living rising and current world events, being resilient is more important now than ever.

Lizzie has a host of accolades including representing Great Britain in the Olympics, FINA World Aquatics Championships, and European championships, and England in the Commonwealth Games. However, these astonishing achievements did not come easy – it took resilience and overcoming adversity.

Vitality's Head of Mental Health & Wellbeing, Belinda Sidhu, will be in conversation with Lizzie to explore the definition of success and how it has changed over the years. We discover:

- The importance of our mindset
- How we can embrace failure
- Tips and tools to grow resilience

Register

Supporting Families with Mental Health

With Dr Josephine Neale.

Wednesday 11th May

1pm - 2pm

We will be joined by Priory consultant child and adolescent psychiatrist, Dr Josephine Neale, in this special webinar as we explore how parents can better support their children's and their own mental health.

With her clinical expertise and exceptional academic background, Dr Neale has a wide range of experience with children and young people with mental health difficulties and is a firm believer in the importance of the mind-body connection.

Join Vitality's Head of Mental Health & Wellbeing, Belinda Sidhu, in conversation with Dr Neale where they discuss:

- Practical advice and tried and tested tips for parents and carers of children of all ages
- The role parents and carers can play in helping to support children in managing their feelings and emotions
- The importance of practicing self-care as a parent or carer

Register

Food and Mood

with Dr David McLaughlan and Holly Dunn.

Thursday 12th May

1pm - 2pm

We are delighted to be joined by our returning esteemed guests, award-winning consultant psychiatrist Dr David McLaughlan, and clinical nutritionist Holly Dunn.

We are excited to bring two experts together to discuss the mind-gut connection. Recent research is showing that our brains and our stomachs may be connected more than we thought, with some calling it our ‘second brain’ - potentially impacting our moods, mental health and general wellbeing.

We’ll also be discussing how common gastrointestinal disorders and intolerances can have a profound impact on the way we feel and behave.

Join Vitality’s Head of Mental Health & Wellbeing, Belinda Sidhu, in conversation with Dr McLaughlan and Holly where they explore:

- The link between the mind and gut
- Foods that can help improve our mood
- Positive tips for a healthier lifestyle and a more balanced mood

Register

Jonny Wilkinson:
Finding Opportunity in Disappointment.

Friday 13th May
1pm - 2pm

We are thrilled to welcome back Vitality Ambassador, and Rugby Union World Cup winning legend Jonny Wilkinson, CBE.

There are many titles that could be bestowed on Jonny. Rugby Union icon with a whopping 91 caps for England, mentor, coach, podcast host, mental health advocate – a truly aspirational figure.

Over recent years, Jonny has become a huge believer in having a positive mindset, leading to improved and balanced mental health and wellbeing.
During this fascinating and frank conversation, we will explore the topic of accepting disappointment and suffering, as well as the fear of failure. Within this, we will explore:

· The role of courage and vulnerability
· How mindset has influenced and improved Jonny's life
· The impact of flow and intuition

Register

Thank you.