

Agylia Health and Wellbeing

Agylia Health and Wellbeing focuses on what your people need to know to maintain good levels of wellbeing and the practical skills needed to take care of their own mental health at work and at home.

Support your people with modules on:

- Returning to work after Covid-19
 - A guide for team leaders, managers and supervisors
 - Remote working
 - What is mental health and wellbeing?
 - Stress
 - Anxiety
 - How to manage your wellbeing
 - Personal resilience
 - Train your brain
 - Mindfulness and self-care
 - Benefits of social interaction
 - Get more help
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- How are you feeling? Return to work (survey)
 - How are you feeling? Working from home (survey)
 - How are you feeling? Your wellbeing (survey)