

Activity information sheet

Mental Health

Embrace mindfulness and promote mental wellness in a supportive team environment.

Join us for a team-building activity focused on enhancing mental health and wellbeing. Our program is designed to help your team recharge, refocus and connect with each other through a series of relaxing and inspiring activities.

How it Works:

We'll start with a guided meditation session, led by an experienced mindfulness instructor. This session will help your team calm their minds and focus on the present moment, reducing stress and anxiety. Next, we'll move onto a group therapy session where participants will have the opportunity to share their thoughts and feelings in a safe and supportive environment. Our trained facilitators will guide the session and offer helpful tips and tools for managing stress and promoting mental wellness.

After the therapy session, we'll engage in a group art therapy activity, where we'll explore the healing power of creativity. This activity is designed to promote relaxation, reduce stress, and encourage self-expression. Our professional art therapist will guide participants through the activity, providing encouragement and support along the way.



Activity Details:

Duration	Group Size	Physicality	Venue
60 min	10 – 1000	Low	Indoor & Outdoor

This Activity is Ideal for:

Staff gathering - Building new teams - Staff celebration - Company outing - Teams development - Improving communication - Energizing a meeting or conference - Public holidays - School trips - Birthday parties.

Tailoring:

Mazecs activities are all about customization. Would you like specific duration, special event requirements, elements of company branding, culture theme and/or mission statement woven into your team building program? Just tell us what you have in mind.