

# My Time Wellbeing Toolkit

With over 35 years of experience and commitment to Mental Health recovery in Glasgow, GAMH are proud to present 'MY TIME' a wellbeing toolkit offering a range of holistic therapies and wellbeing training to business and voluntary sector organisations.

Our aim is to offer a unique and comprehensive service, with tried and tested methods to help improve the health and wellbeing of staff and service users.





**Therapeutic Massage** techniques such as pressure and stretching, manipulate the muscles, ligaments and tendons to cleanse acids, induce physical and emotional relaxation and stimulate circulation to improve health and wellbeing.

**Indian Head Massage** is based on Ayurveda and can release the build-up of general stress and tension in the head, neck, shoulders and face. Particularly helpful for headaches, migraine, eye strain and sinus problems.

**Reiki** is a simple laying on of the hands to balance the energy fields of the body to create deep relaxation, aid sleep and reduce stress and tension.

**Self-Massage Techniques** can help to alleviate ongoing stress, muscle tension and postural problems in the body. It is easy to learn and an effective way to empower people to look after their own health and wellbeing.

**Reflexology** helps to restore balance in the body by working on corresponding areas in the feet or hands and can be beneficial for depression, stress and anxiety.

**Yoga Based Postural Exercises** are simple and safe and help to improve postural problems, ease painful muscles and reduce physical and mental stress. Stretches are done seated or standing to the individuals comfort level and are an excellent self-management tool.

**Mindfulness** offers a way to develop awareness and live more fully in the present moment. Research shows evidence of the beneficial effects that it can have on mind, body, wellbeing and relationships such as to reduce stress and anxiety, improve sleep, self-esteem and physical and mental wellbeing.

**Stress Management** training can support people to make necessary changes towards a more positive, balanced way of living by identifying sources of stress and learning how to reduce and manage the symptoms using practical exercises drawn from relaxation, yoga and mindfulness.

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Our service is bespoke and we will always discuss with you what you need and adapt what we deliver to meet your requirements. Our unique toolkit is delivered by our highly trained, experienced and insured therapists and trainers.

Please contact us for further information and pricing.

*“Very insightful and worth attending to learn how to manage your stress and apply self-relaxing techniques”*

Royal Mail

*“Massage really helps my arthritis and helps to control my pain”*

West of Scotland Housing

Contact Lynne O’Neill on 0141 552 5592 or  
via email at

[l.oneill@gamh.org.uk](mailto:l.oneill@gamh.org.uk)

