

Mental Health Awareness

at WONE

Recommended Sessions

At WONE, we focus on building **stress intelligence**: the ability to recognise pressure early, respond effectively, and sustain performance without burnout.

This toolkit brings together a curated selection of sessions and resources designed to support you in doing exactly that.

About WONE

WONE (Walking on Earth) helps you build stress intelligence so you can thrive in your work and life with clarity and energy that lasts.

Through personalized AI coaching, science-backed rapid resets, and expert-led sessions across mind, movement, nutrition and sleep, WONE helps you steady the spikes, protect your energy, and sustain your best work without adding hours to your day.

If you haven't activated your account, [you can do so here.](#)

Recommended Sessions

Each session is expert-led, practical, and focused on helping you respond more effectively to pressure in real time.

How To Unwind Anxiety And Reverse Habit Loops

[Watch Here](#)

Understand how worry habits form and learn practical strategies to break them, building calm and control under pressure.

Expert	Duration	Format
Dr Jud Brewer M.D., Ph.D.	45 minutes	Q&A

Key Outcomes

- Understand how worry and anxiety form as habit loops
- Learn practical tools to interrupt unhelpful thinking patterns
- Build awareness and control in response to stress

How Boundaries Protect Your Mental Health

[Watch Here](#)

Learn how to set clear boundaries and say no with confidence, so you can protect your time, energy, and mental space.

Expert	Duration	Format
Steven Ebbers Certified Coach (ICF)	30 minutes	Webinar

Key Outcomes

- Recognise when boundaries are needed to protect energy and focus
- Build confidence in saying no and communicating limits clearly
- Overcome guilt or fear associated with setting boundaries

How To Let Go Of Your Inner Critic And Self-Judgment

[Watch Here](#)

Learn how to quiet your inner critic and replace unhelpful self-talk with a more constructive, confidence-building mindset.

Expert	Duration	Format
Katie Lancaster ICF Executive Coach	30 minutes	Webinar

Key Outcomes

- Understand where self-criticism comes from and how it impacts performance
- Distinguish between constructive reflection and unhelpful self-judgement
- Apply practical techniques to challenge negative self-talk

Guided Rapid Resets

Short, practical sessions designed to help you reset in the moment. Whether you're feeling overwhelmed, switching between tasks, or closing out the day, these guided practices support your nervous system and help you respond more effectively.

Rapid Anxiety Relief

2 minutes

A short guided practice designed to quickly settle the body and calm the mind during moments of heightened stress or anxiety. Helps reduce intensity, slow racing thoughts, and bring you back to a more grounded, steady state.

[Watch Here](#)

Rapid De-Stress

3 minutes

A simple reset to release built-up tension and mental overload. Combining breath and light awareness techniques, this session helps you step out of “go mode” and regain clarity and control.

[Watch Here](#)

Closing the Work Day

10 minutes

A gentle end-of-day reset ritual to help you mentally switch off from work. Supports you in letting go of lingering thoughts, creating a clear boundary between work and personal time, and transitioning into a more relaxed state.

[Watch Here](#)

Standing Mindful Movement

10 minutes

A light, guided movement session designed to release physical tension and re-energise the body. Ideal between meetings or during long periods of sitting, helping to improve circulation, posture, and focus.

[Watch Here](#)