

**Internal Note:** This 10 min presentation is used to showcase the different training sessions and features within Starling Mental Fitness.

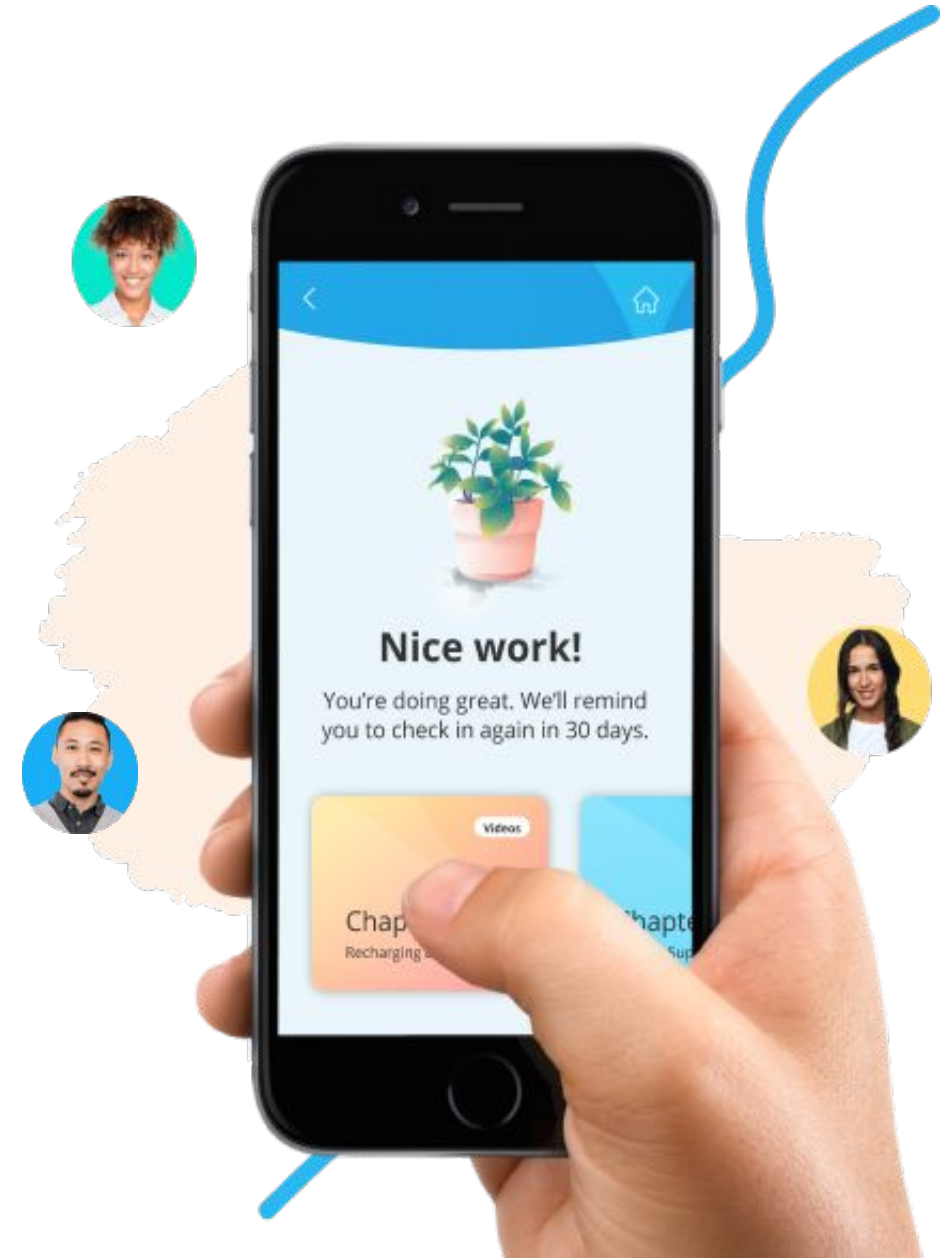
# Starling Minds

**24/7, Online Confidential  
Mental Health Support and  
Training**

Presented for:



NATIONAL HEAD START ASSOCIATION



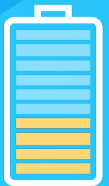


4/8  
Resilience



Hi Emma,  
Your latest Check-Up stats

TAKE A NEW CHECK-UP



40%  
Energy

## How does Starling work?

Starling Minds delivers immediate, unlimited and personalized digital Cognitive Behavioural Therapy (iCBT) training to staff so they can have the tools they need to support their mental health, wherever and whenever.

Note:  
Currently no app is available.

# Summary: Training Session

# Getting Started



This five-session introductory Guided Therapy explores the framework for how staff approach improving their mental health and building resilience. staff will explore basic mental health concepts, such as the Mental Health Continuum, and apply them to their situation.

# Understanding Your Moods



This six-session Training Module explores the reasons behind a staff's moods. staff learn to examine their moods and reactions to improve their self-awareness, find their patterns, develop strategies, and start proactively managing their moods.

# Behavior Strategies



This six-session Training Module explores different behavior strategies that staff can use to start to manage their moods, increase relaxation, or get into the zone. The first four sessions introduce a behavior strategy to the staff and allow them to try it out and see if it works for them before setting a practice goal to complete before the next session.

# Thought Strategies



This six-session Training Module explores how to change negative or distorted thought patterns. staff will start to examine the connection between their thoughts and moods, before taking them through the basics of gaining an awareness of automatic negative thoughts and balancing those thoughts to become more positive, realistic, and productive.

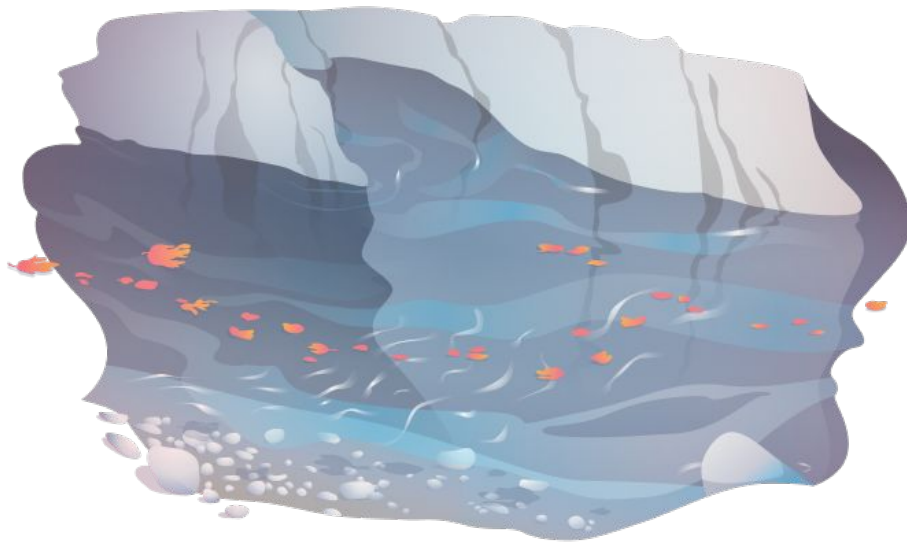


## Part 1: Reconnecting with the Body



This five-session Training Module focuses on the foundations of Mindfulness-Based Cognitive Therapy (MBCT) and reconnecting people with their senses. Staff's develop their ability to focus and stay present. By connecting with their present experience, with curiosity and without judgment, staff shift away from automatic thought patterns that might be impacting how they feel.

## Part 2: Focused Attention



This five-session Training Module builds on the foundations of Part 1. Here staff continue to develop their mindfulness skills, diving into the wandering mind, where it goes, and how we react to it to deepen their self-awareness.

## Part 3: Everyday Mindfulness



In this final five-session Training Module we bridge the gap between meditation practice and bringing mindfulness into your daily lives. Supporting staff to start building mindfulness practice into their routines.


# Exercises

Starling Exercises are easier, mini-versions of your training modules and the perfect exercise for self-care if staff only have 2 to 5 minutes. The exercises delivers personalized content to each staff's current needs, to make the most positive impact on their mental health.

## Exercises


Support your mental fitness with these quick 2-5 minute skills-building exercises.


For the best experience follow the recommendations on your homepage. If you want to choose your own path, pick an exercise series below.



**Boost Your Battery**


15 exercises





**Manage Your Moods**

18 exercises



## CBT Tools



Thought Balancer



Goal Setter



My Journal



Mood Tracker



Mood Tracker: staff can track their moods to identify triggers, and how to proactively manage their negative mood shifts.



Thought Balancer: Helps staff take control of their thoughts by developing balanced and realistic positions to thoughts that are harmful to their mental health.



Goal Setter: Helps staff learn to set realistic, achievable goals and identify their own steps to success.

# Webinar

With your live training sessions, workshops, and mental fitness challenges, staff will be guided by subject matter experts on key mental fitness topics and breathwork strategies.

## Sleep Workshop

with **Tara Achkar** — 4 x 60 mins sessions  
A 4-week interactive iCBT sleep workshop.



## Mental Fitness Monday

with **Dr. Andrew Miki** — 30 mins

Dr. Miki and Tara share and discuss comments from members.




## Assertive Thursdays

with **Dr. Andrew Miki** — 30 mins

Create more assertive thoughts and goals to increase your confidence and improve your chances of success



 **Hi Andy!** Welcome to the Starling Community  
- a safe space to share your experiences and  
find support.

SeafoamQuail51

...

5 minutes ago

I'm constantly worried that I'm going to get infected and pass it along to my family & friends. It's been difficult to make sacrifices to see fewer people to limit risk.

0 helpful

1 reply

PeachHummingbird32

...

20 seconds ago

# Community

The Starling Community provides supportive, anonymous connection to other staff engaged in the programs. It offers staff the chance to connect through their shared experiences, and to learn and support each other throughout the program.

# Video Library

Starling has a full Video Library of entertaining and educational videos to help staff better understand their mental health and concepts to help them.

## Video categories

### Recharging your battery

6 videos



### Mental fitness strategies

5 videos



### Cognitive Behavioral Therapy (CBT)

3 videos



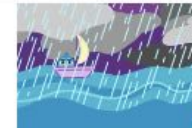
### Stress, energy and you

5 videos



### Feeling overwhelmed

3 videos





# Get Mentally Fit.

Get Starling Minds on your phone!

Available for download.



Member code: [NHSAMEMBER](#)  
Family code: [NHSAFAMILY](#)

