



ADDICTION IN DAILY LIFE



A considerable size of the population have an insatiable thirst for some of the most addictive products invented.

From Coffee, Sugar and Social Media, to gambling, alcohol and prescription drugs.

These are products we rarely think about in terms of being addicted, because they are consumed in large numbers, and we mostly take them for granted.

This interactive webinar will explore some common addictions and provide empowering strategies to help identify and rewire healthy habits for all areas of life.



CONTENT

- Welcome (+ insightful icebreaker question)
- What is addiction and what are the costs of addiction
- What are some common addictions e.g technology / work addictions
- Interactive quiz: 8 question quiz to identify if you are becoming addicted to work (and solutions)
- Science of addiction: What happens to your brain and body when you are addicted
- How to train your brain to create healthier habits

45 minutes in length (plus 15 minutes Q&A)



This workshop is facilitated by Jai.R - Msc.

Jay specialises in the field of neuroscience of mental health.

After leaving a successful investment management career, she pursued her mission of empowering people through retraining the brain.

Jay utilises a unique blend of psychotherapies, neuroscience & Eastern mindfulness.

She holds an MSc in Neuroscience & Psychology of Mental Health with The Institute of Psychiatry, Psychology and Neuroscience (IoPPN) at Kings College London. Specialism: empowerment in the workplace.

Jay has three central London clinics, as well as a global client base via her online practice.

Jay is a member of the National Counselling Society (UK) and the British Neuroscience Association.