

# bp employees mental health support

Plamena Stefanova, HSE&C Advisor, bp Russia May 26, 2022

## Our resources



• bp Group Health professionals



 EAP (Employee Assistance Programme) delivered by ICAS Co.



Allianz Insurance Co.





MindUp Center

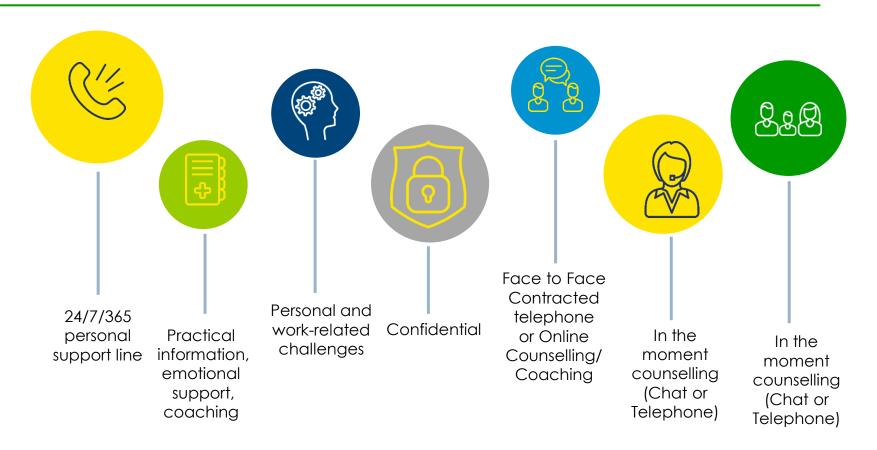
# What has been done so far



Date	Session	Status	Provider
9-Mar-22	Mental Health session # 1 by bp chief psychologist	Done	bp internal
14-Mar-22	Mental Health session # 2 by bp chief psychologist	Done	bp internal
24-Mar-22	EAP awareness session	Done	ICAS (EAP)
	"How to deal with stress and anxiety in time of		
30-Mar-22	uncertainty"	Done	ICAS (EAP)
	Exercises and practices to manage stress and		
6-Apr-22	anxiety	Done	ICAS (EAP)
	How to maintain mental stability in difficult		
13-Apr-22	conversations\meetings	Done	ICAS (EAP)
15-Apr-22	Dealing with sleeping disorders	Done	Allianz
	Start of the 8 weeks MBSR (Mindfulness-Based		
17-May-22	Stress Reduction) program	Started	MindUp Center

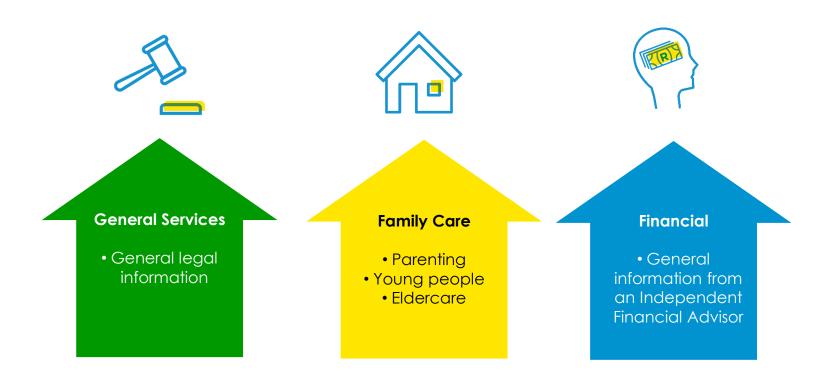
# Employee Assistance Programme (EAP)





# Life Management Services





## MBSR (Mindfulness-Based Stress Reduction) course



### What is the program about

• The MBSR Course is a consistent, intensive program for adults to reduce stress and increase awareness in daily life. It is based on the concept of "mindfulness" - a more accurate understanding of the processes that are happening in the mind and understanding of one's own patterns of psychological reactions to external and internal stimuli.

#### Course structure

• The long-term mental health course consists of 12 consecutive sessions (once a week). Classes are held in groups.

#### The course includes

 Brief theoretical lectures on the topic of the session, interactive discussion, exercises on the topic, practices (new and basic techniques, sharing after practice, questions and answers, daily reflective journaling by participants, constant access to the group chat, access to feedback and support of the trainer.

## MBSR (Mindfulness-Based Stress Reduction) course



## How is it going

- bp in Russia are the first to be provided with this opportunity
- Sessions are delivered in Russian by Russian specialists
- Sessions started on the w\c May 16<sup>th</sup>
- 3 groups (up to 20 people)
- Sessions allowed to be held during working hours (choice of the group)
- Tests offered (voluntarily) to measure the course efficiency
- Positive initial feedback

## Contacts



Plamena Stefanova, HSE&C Advisor for bp Russia

Plamena.Stefanova@ec1.bp.com

+7 985 169 72 10

ICAS World

https://icasworld.com

+44 (0) 203 866 1650

contact@icasworld.com

MindUp Center

https://mindup.center/

+7 929 508 04 55



# Thank you! Happy to answer your questions.