

HOW TO GET INVOLVED

WITHOUT SPENDING MONEY & DOING UNNECESSARY STUFF



EARLY YEARS WELLBEING IS NOT ABOUT PUTTING PRESSURE ON YOU OR ANYONE ELSE FINANCIALLY OR USING PRECIOUS TIME YOU DO NOT HAVE TO COME UP WITH STUFF THAT WILL LOOK GOOD ON SOCIAL MEDIA. ALL THE THINGS ARE LOVELY, BUT IT IS THE MESSAGE BEHIND THE CAMPAIGN THAT IS IMPORTANT.

DO YOU FANCY A CUP OF TEA?

WHEN SOMEONE SAYS, DO YOU FANCY A CUPPA? IT MEANS ALL SORTS OF THINGS! WORKING WITH CHILDREN MEANS THERE ARE NEVER ENOUGH HOURS IN THE DAY, SO OFTEN, WE MISS OUT ON THE OPPORTUNITY TO CONNECT WITH EACH OTHER. TEA & TALK BY THE MENTAL HEALTH FOUNDATION IS IDEAL & HAS FREE RESOURCES, QUIZZES & POSTERS



WORKPLACE WELLNESS TOOLKIT

YOU NEVER KNOW WHO IS LISTENING; JUST BY US ALL TALKING COLLECTIVELY ABOUT OUR MENTAL HEALTH AND WELLBEING CAN MAKE A DIFFERENCE TO ONE PERSON OR OUR WHOLE COMMUNITY. CHECKING WHAT BENEFITS SCHEMES OR EMPLOYEE ASSISTANCE PROGRAMMES YOU HAVE MAY MAKE A REAL DIFFERENCE THIS WINTER. CHECK OUT OUR HELPFUL INFO PAGE FOR MORE TIPS.



SEEING PEOPLE AS PEOPLE NOT JUST A RESOURCE

HAVE YOU GOT THE BALANCE RIGHT? HOW DO WE MAKE WORK FIT AROUND OUR LIFE, RATHER THAN ONLY LIVING TO WORK? WHAT DO YOU ENJOY OUTSIDE OF WORK? KNOWING WORKING IN EY IS PARTICULARLY STRESSFUL RIGHT NOW, HOW ARE WE ALL TAKING CARE OF EACH OTHER? HOW CAN WE PLAN FOR AUTUMN & WINTER?




#EYWW22 #EYWELLBEINGWEEK



HELPFUL RESOURCES



ABLE FUTURES



SUPPORT FOR MENTAL HEALTH AT WORK, NINE MONTHS CONFIDENTIAL, NO COST ADVICE, GUIDANCE AND SUPPORT FROM MENTAL HEALTH PROFESSIONALS TO HELP YOU COPE WITH WORK WHILE YOU MANAGE A MENTAL HEALTH CONDITION SUCH AS ANXIETY, DEPRESSION OR STRESS. CHECK OUT THEIR EMPLOYER RESOURCES



MENTAL HEALTH RESOURCES



HERE YOU'LL FIND A SELECTION OF FREE RESOURCES FROM MFHA ENGLAND FOR YOUR WORKPLACE, SCHOOL OR COMMUNITY, INCLUDING INTERACTIVE TOOLKITS, STRATEGIC GUIDANCE, POSTERS AND MORE.

- TO CHECK ON YOUR OWN AND OTHERS' MENTAL HEALTH, TAKE A LOOK AT OUR MY WHOLE SELF MOT.
- FOR MENTAL HEALTH TIPS AND RESOURCES
- IF YOU WANT TO FIND OUT MORE ABOUT HOW TO MANAGE STRESS, HEAD TO THE ADDRESS YOUR STRESS TOOLKIT.
- IF YOU'RE LOOKING TO GET INVOLVED WITH MENTAL HEALTH AWARENESS WEEK, CHECK OUT OUR CAMPAIGN PAGE.



WELLNESS ACTION PLAN




WELLNESS ACTIONS PLANS ARE AN EASY, PRACTICAL WAY OF HELPING YOU SUPPORT YOUR OWN MENTAL HEALTH AT WORK. SUITABLE FOR EVERYONE, A PROACTIVE & PREVENTATIVE MEASURE. THAT VALUES STAFF HEALTH. CHECK OUT THESE WEBSITES FOR MORE INFO:

- WELLNESS RECOVERY ACTION PLAN
- MIND WELLNESS ACTION PLANS



HELPFUL RESOURCES

WHEN THE TENSION GOES



WHEN YOU ARE NOT FEELING GREAT ABOUT SOMETHING, OR SOMEONE, OR ABOUT YOURSELF, HERE ARE SOME THINGS YOU CAN DO TO DO TO FEEL A LITTLE BIT BETTER.

- IDENTIFY YOUR FEELINGS
 - DECIDE WHAT YOU NEED TO FEEL A BIT BETTER
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THE HUB OF HOPE



THE HUB OF HOPE IS A FIRST-OF-ITS-KIND NATIONAL MENTAL HEALTH DATABASE WHICH BRINGS TOGETHER ORGANISATIONS AND CHARITIES, LARGE AND SMALL, FROM ACROSS THE COUNTRY THAT OFFER MENTAL HEALTH ADVICE AND SUPPORT TOGETHER IN ONE PLACE. POP IN YOUR POSTCODE OR SWITCH ON-LOCATION SERVICES, AND YOU CAN FIND ORGANISATIONS LOCAL TO YOU.



BLACK MINDS MATTER UK



BLACK MINDS MATTER UK IS A FULLY REGISTERED CHARITY OPERATING IN THE UK: CONNECTING BLACK INDIVIDUALS AND FAMILIES WITH FREE MENTAL HEALTH SERVICES- BY PROFESSIONAL BLACK THERAPISTS TO SUPPORT THEIR MENTAL HEALTH. THEIR VISION IS TO MAKE MENTAL HEALTH TOPICS MORE RELEVANT AND ACCESSIBLE FOR ALL BLACK PEOPLE IN THE U.K., REMOVING THE STIGMA AND REMODELLING THE SERVICES TO BE RELEVANT FOR THE BLACK COMMUNITY.

HELPFUL RESOURCES

MIND OUT

MINDOUT IS A MENTAL HEALTH SERVICE RUN BY AND FOR LESBIANS, GAY, BISEXUAL, TRANS, AND QUEER PEOPLE. WE WORK TO IMPROVE THE MENTAL HEALTH AND WELLBEING OF ALL LGBTQ COMMUNITIES AND TO MAKE MENTAL HEALTH A COMMUNITY CONCERN.

ADHD FOUNDATION

THE ADHD FOUNDATION IS THE UK'S LEADING NEURODIVERSITY CHARITY, OFFERING A STRENGTH-BASED, LIFESPAN SERVICE FOR THE 1 IN 5 OF US WHO LIVE WITH ADHD, AUTISM, DYSLLEXIA, DYSPRAXIA, DYSCALCULIA AND TOURETTE'S SYNDROME.

ACTION FOR HAPPINESS

ACTION FOR HAPPINESS HAS A VISION FOR A HAPPIER WORLD, WITH FEWER PEOPLE SUFFERING FROM MENTAL HEALTH PROBLEMS AND MORE PEOPLE FEELING GOOD, FUNCTIONING WELL AND HELPING OTHERS. LET'S TAKE ACTION TO BE HAPPIER AND KINDER, TOGETHER.

THE FIVE WAYS TO WELLBEING

KEEP LEARNING

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RESEARCH SHOWS THAT LEARNING NEW SKILLS CAN ALSO IMPROVE YOUR MENTAL WELLBEING BY:

- BOOSTING SELF-CONFIDENCE AND RAISING SELF-ESTEEM
- HELPING YOU TO BUILD A SENSE OF PURPOSE
- HELPING YOU TO CONNECT WITH OTHERS

EVEN IF YOU FEEL LIKE YOU DO NOT HAVE ENOUGH TIME, OR YOU MAY NOT NEED TO LEARN NEW THINGS, THERE ARE LOTS OF DIFFERENT WAYS TO BRING LEARNING INTO YOUR LIFE.

CONNECT

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GOOD RELATIONSHIPS ARE IMPORTANT FOR YOUR MENTAL WELLBEING. THEY CAN:

- HELP YOU TO BUILD A SENSE OF BELONGING AND SELF-WORTH
- GIVE YOU AN OPPORTUNITY TO SHARE POSITIVE EXPERIENCES
- PROVIDE EMOTIONAL SUPPORT AND ALLOW YOU TO SUPPORT OTHERS

BE ACTIVE

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BEING ACTIVE IS NOT ONLY GREAT FOR YOUR PHYSICAL HEALTH AND FITNESS. EVIDENCE ALSO SHOWS IT CAN ALSO IMPROVE YOUR MENTAL WELLBEING BY:

- RAISING YOUR SELF-ESTEEM
- HELPING YOU TO SET GOALS OR CHALLENGES AND ACHIEVE THEM
- CAUSING CHEMICAL CHANGES IN YOUR BRAIN WHICH CAN HELP TO POSITIVELY CHANGE YOUR MOOD

TAKE NOTICE

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PAYING MORE ATTENTION TO THE PRESENT MOMENT CAN IMPROVE YOUR MENTAL WELLBEING. THIS INCLUDES YOUR THOUGHTS AND FEELINGS, YOUR BODY AND THE WORLD AROUND YOU. SOME PEOPLE CALL THIS AWARENESS "MINDFULNESS". MINDFULNESS CAN HELP YOU ENJOY LIFE MORE AND UNDERSTAND YOURSELF BETTER. IT CAN POSITIVELY CHANGE THE WAY YOU FEEL ABOUT LIFE AND HOW YOU APPROACH CHALLENGES.

GIVE

Give

RESEARCH SUGGESTS THAT ACTS OF GIVING AND KINDNESS CAN HELP IMPROVE YOUR MENTAL WELLBEING BY:

- CREATING POSITIVE FEELINGS AND A SENSE OF REWARD
- GIVING YOU A FEELING OF PURPOSE AND SELF-WORTH
- HELPING YOU CONNECT WITH OTHER PEOPLE

IT COULD BE SMALL ACTS OF KINDNESS TOWARDS OTHER PEOPLE, OR LARGER ONES LIKE VOLUNTEERING IN YOUR LOCAL COMMUNITY.

THE FIVE WAYS TO WELLBEING,

BY THE NEW ECONOMICS FOUNDATION (NEF) ON BEHALF OF FORESIGHT, SETS OUT FIVE ACTIONS TO IMPROVE PERSONAL WELLBEING:

EVIDENCE TELLS US THAT ENGAGING IN ANY OF THE FWTW WILL HAVE A POSITIVE IMPACT ON MENTAL WELLBEING.

A SMALL IMPROVEMENT IN WELLBEING CAN HELP DECREASE SOME MENTAL HEALTH ISSUES AND HELP PEOPLE FLOURISH