



IDEAS FOR CONNECTING



Connecting with others can help us feel close to people and valued for who we are. Being social means different things for different people, and that's OK. You might like being with people one-on-one, or you might like being in big groups. You might prefer to connect with people online or chat on the phone. Try out new ways of connecting to see what feels right for you.

- Give a colleague a lift to work or share the journey home with them. You might find you share common ground.
- Check in on a colleague and ask how they're doing, then really listen to what they tell you. Ask questions, be interested.
- If you feel comfortable, you could try striking up a conversation with someone you don't know. The more you do it, the easier it becomes, and your connections grow.



IDEAS FOR TAKING NOTICE



Standing for
Mental Health
& Wellbeing

Paying attention to the present moment (also known as mindfulness, and 'being in the moment') can help improve our mental wellbeing and enjoy life more. Being aware of our thoughts and feelings, our body, and what's going on in and around us, can help us to understand what makes us feel good, and what triggers feelings of stress or anxiety. Intentionally doing the things that make us feel good and 'savouring the moment' can also help us to feel more positive about life in general.

- Clear any clutter from your workspace.
- Take a moment to notice what is around you; the sights, the sounds, the smells.
- Take your time when you're eating; really taste and enjoy the flavours and textures.
- Try yoga, meditation, or different breathing methods.



IDEAS FOR KEEPING LEARNING



Standing for
Mental Health
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We're always learning new things, sometimes without even realising. Feeling like we're learning, developing and growing can boost our self-esteem. Similarly, setting goals (and persisting until we achieve them) can help us to feel more productive and more in control of our life.

- Sign up for a class to learn more about something you're interested in. There's lots of free opportunities online, and your communities may run free or inexpensive classes.
- Read a non-fiction book and grow your knowledge of the world and the people in it.
- Get into crosswords, Sudoku or Wordle.
- Research something you've always wondered about.
- Learn a new word and practice using it in conversation.



IDEAS FOR GIVING



Standing for
Mental Health
& Wellbeing

There's been lots of research about the effects of taking part in social and community life, and studies often show that people who help others are more likely to rate themselves as happy. Is there anything you can do today to be kind or helpful to someone else?

- Make a drink for a colleague.
- Offering to help a colleague with something they're stuck on.
- Introduce yourself to a new-starter, to help them feel welcome and comfortable.
- See if there are any volunteering initiatives open at work and join in.
