



Kia ora, Bula & Hello

When the going gets tough, our mental health can be one of the first things to suffer. And because life's challenges can strike at any time, it pays to be in the habit of nurturing our mental wellbeing, so that we're better able to cope in the difficult times.

Across the mental health sector internationally, there is general agreement that there are five steps we can take to improve our mental health and wellbeing. [Read more...](http://www.raisementalhealth.co.nz/The-5-ways-to-wellbeing) www.raisementalhealth.co.nz/The-5-ways-to-wellbeing

Get the team involved

Use our Five Ways to Wellbeing handouts to help your team to capture their ideas. *Links below images.*



Mental health & wellbeing in the workplace

Like a lot of things in life, taking care of our mental health can be much easier with the support of others. And since we spend so much time in the workplace (be it in a

physical space or online), it's a great place to make mental health and wellbeing a priority – because we don't have to go it alone. A bonus is that what you learn at work can also be helpful in your personal life.

If you don't already talk about mental health at work, start by chatting to your manager and some of your colleagues about how you might incorporate it, and see what you come up with together. There's no need to start big; getting underway is the most important thing. We've got a simple idea to help you get focused and your creative juices flowing: Theme your activities around national observances, i.e., 'awareness months' and 'recognition days'.

One great thing about celebrating recognised days/weeks/months is that there's likely to already be a raft of professional resources and information online, so you won't need to start from scratch. Toi Te Ora Public Health publishes a really helpful annual calendar of events that promotes local, national and international events related to health – www.toiteora.govt.nz/publications-and-resources/calendar-of-events.

connect



be active



take notice



learn



give



1. Start by taking a look at upcoming observances, and choose one that appeals (especially if you can tie it into the kind of work you do!).
2. When considering what activities you'll do, go back to our blog and choose to do things that are known to help improve and maintain mental health and wellbeing – www.raiseimentalhealth.co.nz/The-5-ways-to-wellbeing.
3. Remember to allow enough time to plan and prepare for what you'll be doing on your chosen day/week.
4. Involve as many people who are interested and available as possible. Inclusiveness is key – this is something to work on together.

Raise resources

Check out our [blogs](http://www.raiseimentalhealth.co.nz/blog) (www.raiseimentalhealth.co.nz/blog) and [resource library](http://www.raiseimentalhealth.co.nz/resource-library) (www.raiseimentalhealth.co.nz/resource-library) for more ideas. Here's a few that relate to this topic.

Building a Positive Workplace Culture

www.raiseimentalhealth.co.nz/building-a-positive-workplace-culturewww.raiseimentalhealth.co.nz/building-a-positive-workplace-culture

Taking notice/being mindful

Going home checklist – www.raiseimentalhealth.co.nz/uploads/6/8/8/3/6883838/going_home_checklist.pdf

Mindfulness for Emotions – www.raiseimentalhealth.co.nz/uploads/6/8/8/3/6883838/mindfulness_for_emotions.pdf

Learning

Mindfulness exercises – www.raiseimentalhealth.co.nz/uploads/6/8/8/3/6883838/mindfulness_exercises_-_handout.pdf

Managing your energy, not just your time – www.raiseimentalhealth.co.nz/manage-your-energy-not-just-your-time

Raise is here to help

If you could do with some personalised professional support, don't hesitate to get in touch.

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Australia - 1800 734 344

UK - +44 800 112 0443

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www.raiseimentalhealth.co.nz

Get our app – www.raiseimentalhealth.co.nz/get-our-app.html