

Top Tips for Mental Wellness for Managers and all Staff

There's no doubt that during this uncertain time we are currently in, some of us, if not all of us, will find that our mental wellbeing has been affected in some way or another, regardless of whether you are still at work, working from home, or are a furloughed employee, our 'normal' has been turned upside down and things are very different to how they were. Below are some top tips on mental wellness and wellbeing that you may find useful.

Connect with other people

Building good relationships with others are good for your mental wellbeing, they can:

- Give you a sense of belonging and self-worth
- Provide an opportunity to share positive experiences
- Provide emotional support for you, allow you to provide emotional support for others

At the moment it is harder to connect with others, but that is why it is so much more important, below are some positives you could try:

- Try and set aside a time in the day when you and your family (only those that live in your household at present) are together and share dinner together at the table.
- Arrange a way to spend some time with friends or your work colleagues (skype call, virtual coffee on Zoom, virtual pre-dinner drinks and catch up)
- Try switching off the television and playing a game with family and children (you could always host a virtual quiz night and include all of the family)

Be Physically Active

We all know being physically active is good for our bodies, but it can also be good for our mental wellbeing by:

- Raising your self esteem
- Providing you the opportunity to set goals and achieve them and exceed them
- Can provide chemical changes in your brain which change your mood to a positive one

There's a common perception that we all need to have a gym membership to get active, or lots of equipment at home. A good way to start being physically active is to walk, start off with a short distance and slowly increase the distance as you get into it. Walking is free, you can walk around your town, local fields or parks and remain within the social distancing guidelines and exercising once a day. Being active outdoors can be particularly refreshing by providing natural sunlight and fresh air.

Learn new Skills

Trying new skills can help your mental wellbeing by:

- Boosting your self-confidence and raising your self esteem
- Providing you with a sense of purpose
- Helping to connect with others

There are several things you could try, not everything will suit everyone and you may find you need to try out different things until you find something you particularly enjoy and find fulfilling, but the emphasis is on what you enjoy and what you find fulfilling, don't do something necessarily because your partner or friend find it enjoyable.

Options you could consider:

- Trying out new recipes to cook, or bake something if you've not tried it before
- Work on a DIY project such as mending your bike you've been meaning to do
- Taking up gardening
- Taking up a new hobby to challenge yourself such as blog writing, painting, drawing etc.
- Going on a bike ride

Give to Others/Giving back to others

Acts of giving and kindness can help mental wellbeing by:

- Creating positive feelings and a sense of reward
- Giving you a sense of purpose and sense of worth
- Helping to connect with others

You don't need to do something necessarily large to give to others, little things can mean as much as larger things, sometimes more, you could try:

- Spending time with friends or family that need company (currently within social distancing measures)
- Offering to help someone with a project
- Volunteering in your local community
- Offering to get the shopping for a neighbour that cannot get to the shops otherwise
- Offering to cut the grass for an elderly neighbour