

INSTEP'S WEEKLY MENTAL HEALTH CALENDAR



MINDFULNESS MONDAY

Try this simple technique if you feel you need to refocus or calm your mind.

1. Sit somewhere comfortably (some people find it helpful to close their eyes)
2. Breathe in through your nose for a count of four
3. Hold the air in your lungs for a count of four
4. Breathe out through your mouth for a count of four
5. Hold for a count of four.



CHECK-IN TUESDAY

Mental health check-ins don't need to be a scary or intimidating process. To start, try asking a simple question like the below to encourage action and open the conversation.

Make sure to be open to listening and check-in with yourself and your team regularly.

Here are some handy phrases you can use:

- "I've been thinking of you recently and wanted to know how you've been going?"
- "How are you finding ..., is there any way I can better support you through this?"
- "I've noticed that you don't seem yourself lately – do want to talk about it?"



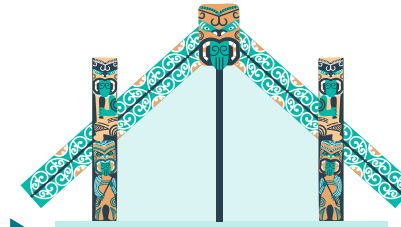
WHAT'S UP WEDNESDAY

Asking for and accepting help when you're struggling can be hard.

If someone you know reaches out to you for support, it may have been difficult for them to do this.

Below are some tips to help you navigate the conversation and show that you are there for them:

- Create an open and judgement-free atmosphere
- Listen with an open mind
- Encourage action and offer support
- Make a time to check in again
- Organize additional support if required



TE WHARE TAPA WHĀ THURSDAY

'Te Whare Tapa Whā' - (The house of wellbeing) is a Māori concept that means to stand stable and strong, we must strengthen all four walls of our wellbeing.

The four walls are:

- Taha Tinana - physical wellbeing
- Taha Hinengaro - mental wellbeing
- Taha Wairua - spiritual wellbeing
- Taha Whānau - family and community wellbeing

When you strengthen three of the walls, you also strengthen the fourth wall.

Today, think about how you can strengthen your physical, spiritual, and family and community wellbeing to support the growth of your mental wellbeing.



FUN FRIDAY

Today, try to think of an activity you enjoy that you can incorporate into your daily life.

Better yet, try to think of a team activity you can share with your colleagues.

Work can become stressful so it is important to create an occasional escape for your employees where you can all have fun and let off some steam.

It can be as simple as a daily team quiz, but these fun events involve a casual atmosphere which makes it easier to interact, while creating fun memories.