

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELLNESS

#StayWellStayStrong

Your Healthiest Self: Mental Well-being

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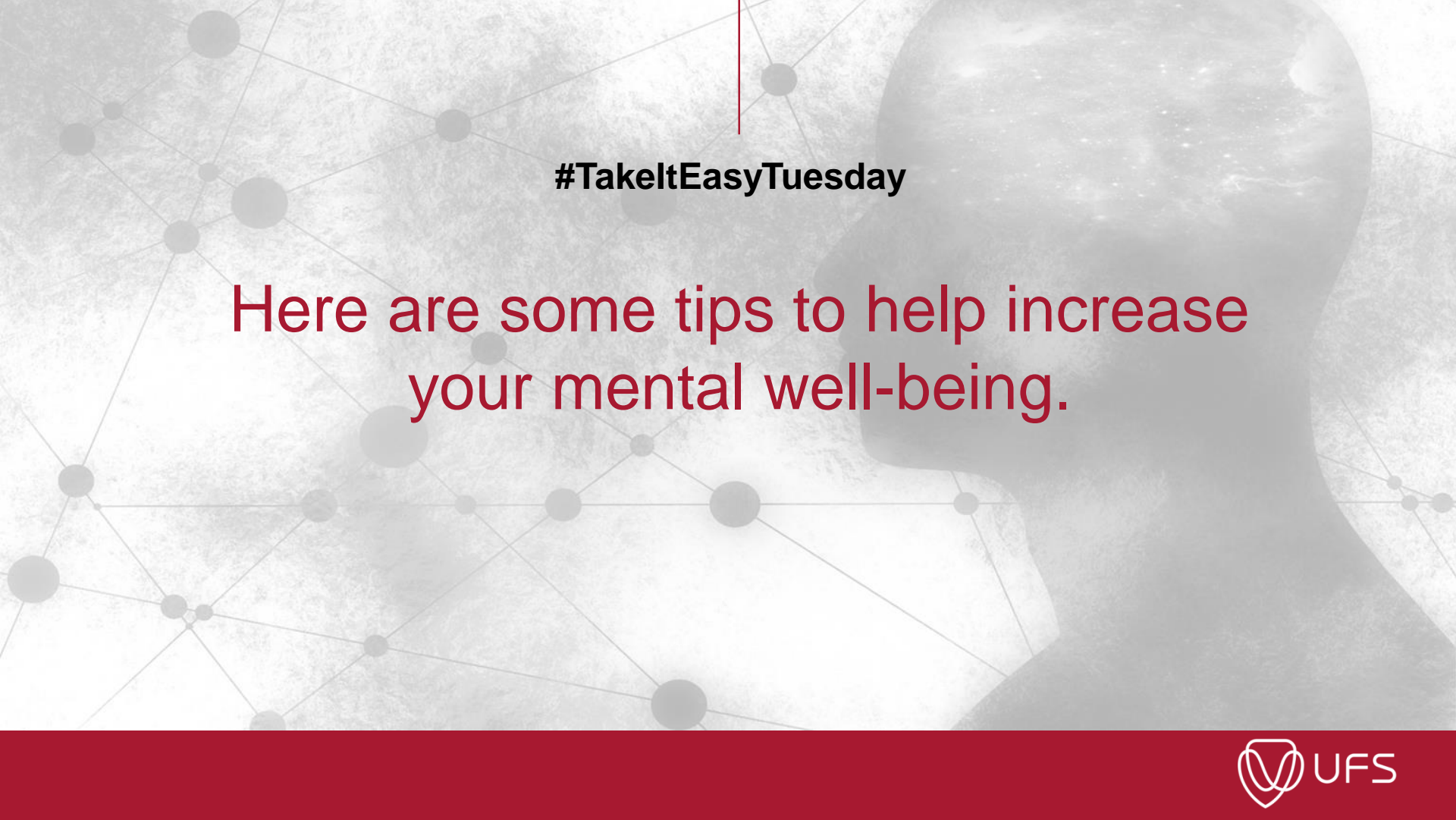
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Transforming lives.*

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#TakeItEasyTuesday

**Here are some tips to help increase
your mental well-being.**

#Gratefulness

Watch the following video on gratefulness:

- https://www.youtube.com/watch?v=_RUMd2ie8iE

Now challenge yourself to name at least **3 things** you are grateful for everyday for **one week**. Write it down to remind you how great life is.

#WordScramble

Here is a Word Scramble exercise to increase your understanding of mental health while also having some fun:

(also find attached)

Email me your completed answers and you may be a winner of some great prizes...

UFS
Mental Health
WORD SCAMBLE

- 1 FLSE EMTSEE
- 2 CPSEERT
- 3 UEMCIAOMCTN
- 4 TAPHYME
- 5 STGELINNI
- 6 DOBY ENAGUGLA
- 7 ANLETM HEHLTA
- 8 OOINETM
- 9 EINSSDRPEO
- 10 PRATHEY

#VirtualChallenge

Here is a 30 day virtual mental health challenge for you to complete (also find attached).

Share your photos' of the challenges completed and you may win some prizes...



30 day virtual

MENTAL HEALTH CHALLENGE

1. Do a deep breathing exercise.	2. Catch up with a friend via Skype/Face Time.	3. Try something new.	4. Donate something you never use.	5. Do 30 minutes of online yoga/pilates.
6. Plan a healthy meal.	7. Ask someone for help.	8. Start a gratitude journal.	9. Take 30 minutes to read.	10. Walk around your house.
11. Do 20 minutes of spa/self care time.	12. Practise your favourite hobby.	13. Watch a feel-good movie.	14. Go to bed 30 minutes earlier.	15. Drink only water today.
16. Schedule a virtual game night.	17. Set a mini goal today.	18. Create a to-do list today.	19. Compliment someone.	20. Plan a night in with your family/friends
21. Try a 5-minute meditation.	22. Do something outside.	23. Unfollow negative social media accounts.	24. Say no to something.	25. Have a phone free night.
26. Watch some silly videos on YouTube.	27. Write down something good that happened.	28. Listen to your favourite music.	29. Adapt a new habit.	30. Take 30 minutes alone time.



#PositivePromptCards

Use the attached Prompt Cards to increase your positivity and mental health during this difficult time. You can print it and place one card in your diary for everyday, or you can print it and play it as a card game with your family or loved ones by allowing every person to pick up one card during a round and share their answers.

#TipsforBuildingResilience

Here is an exercise (also find attached) to increase your resilience. Challenge yourself by completing at least 3 ways a week to develop your resilience:

10 Ways to Develop Resilience 

1. Making connections and building your social support network. 
2. Avoiding the tendency to view crises as impossible challenges. 
3. Accepting change is a natural and unavoidable part of life. 
4. Moving towards realistic goals. 
5. Taking decisive actions that will help you face your challenges. 
6. Looking for opportunities for self-discovery. 
7. Nurturing a positive view of yourself and your abilities. 
8. Keeping things in perspective and context. 
9. Maintaining a hopeful outlook on life. 
10. Talking care of yourself! 