



MENTAL HEALTH IN BUSINESS LTD

MENTAL HEALTH RESOURCE PACK



PREPARED BY

MENTAL HEALTH IN BUSINESS LTD, 2023

ABOUT MENTAL HEALTH IN BUSINESS



WHO ARE WE?

Mental Health in Business (MHIB) was founded in 2018. We work with a wide range of businesses and organisations to help them embed a positive mental health culture.

We believe in a future where good mental health in the workplace is commonplace.

In this resource, you will find helpful information alongside tips and techniques to help you and your colleagues stay healthy and thrive at work.



OUR TOP TIPS FOR SELF-CARE

LEARNING HOW TO TAKE CARE OF OURSELVES IS A GREAT WAY TO MAINTAIN GOOD MENTAL HEALTH

Here are some areas to focus on for your own self-care:

Sleep - Getting enough sleep has a huge effect on how you feel. Cut out drinking or eating immediately before bed, especially caffeine and sugar which can keep you awake.

Physical Activity - Exercise reduces stress and boosts your mood. Just 30 minutes of low-intensity aerobic exercise 3-5 times a week will help increase positive moods.

Support Network - Having a network of friends and family is important for good mental health. Take time to nourish existing relationships and build new friendships.

Therapeutic Activities - Mindfulness and meditation are examples of therapeutic activities. Reduce stress by following the mindfulness exercise later in this guide.

Tech Habits - Building 'device-free' time into your days (especially in the evenings when it is time to unwind) can help reduce anxiety and stress as well as help you sleep better.

Eating Well - Nutrition plays a big part in the prevention, and management of mental health problems. Eating a diet rich in healthy, whole foods ensures healthy body and brain function. Eat more fruit and veg to boost your mental health.

Back to Nature - Getting outside more often is a great way to keep calm and stress-free. A walk in the countryside can work wonders for your wellbeing.

Boundaries - It's all too easy to give our time and energy to everyone else. Say no to people pleasing and take more time for yourself.

Purpose - Having a mission in life can be a great way to stay motivated during the good and the bad days. Write your mission on a piece of paper or in a file on your computer so you can remind yourself from day to day.

Sense of Humour - Even in the most desperate of times having a sense of humour can reduce stress and boost our mood. Take a break and think about a time you couldn't stop laughing

AN INTRO TO MINDFULNESS

Mindfulness is a practice which focuses our attention on the present moment. By increasing awareness of the present, we can become more aware of our thoughts, feelings and bodily sensations.

Being more aware as you go through life (and work) can make a positive difference to your mental health and wellbeing.

By being more present we can learn to live more fully and respond to situations with choice rather than reacting automatically.

If you are feeling stressed or anxious, then the following mindfulness exercise can help you feel much more at ease.

MINDFULNESS OF BREATHING (10 MINS)

Sit comfortably on a chair with your back straight and rest your hands in your lap.

Close your eyes and focus on the sensations of being in contact with the chair.

Notice any bodily sensations from the tips of your toes to the top of your head.

As thoughts arise just notice them, and re-focus your attention to any sensations in your body.

After 2 mins gently move your attention to your breathing.

Focus on your breathing, as you breathe gently in and out.

Every time your mind wanders, **gently bring your focus back to the breath** (becoming aware that your mind has wandered is just as important as remaining aware of your breath).

After 10 mins bring the practice to an end, open your eyes, and notice any changes in how you feel.

Practice every day for 1 week to reduce stress and anxiety.



THE 7 PILLARS OF MENTAL HEALTH

USE THIS GUIDE TO TAKE SIMPLE ACTIONS EACH DAY TO HELP IMPROVE YOUR WELLBEING



EAT FOR WELLNESS

Research suggests that eating well (a well-balanced diet in veg and nutrients) can increase feelings of wellbeing. Try choosing a healthier lunch option today and be sure to drink plenty of water!



CONNECT

Connection with yourself and others is so important for your wellbeing. How can you make an effort to connect with someone today? Instead of sending an email or message, why not pick up the phone?



MOVE

Physical activity is good for your mental health and well-being so take some time to move your body in some way today. Even a small amount of physical activity can make a big difference!



COMMUNICATE

A problem shared is a problem halved. If you can, share something that is troubling you with a person you trust or if you are worried about a friend, start a conversation with them - Ask them if they are ok.



BE MINDFUL

Being more mindful can help you feel good. At different times throughout your day STOP and notice your surroundings. Focus on the breath going in and out through your nose. Tune into your senses - see, hear & feel.



BE COMPASSIONATE

Being more compassionate to yourself and to others can help improve your own wellbeing. Today take a moment to yourself and treat yourself with kindness. Consider how you could show kindness to others today.



SLEEP

Lack of sleep can make you feel stressed and anxious. Getting enough sleep helps your body heal itself. What things can you do to help yourself sleep better this week?

HELPFUL WELLBEING RESOURCES

MENTAL HEALTH SUPPORT SERVICES FOR YOU AND YOUR BUSINESS

If you, or a colleague is in mental health crisis and need medical help fast:

- Ring 999 to contact emergency services
- Go to your nearest A&E department

If it is not a medical emergency, but you still need urgent help: Ring 111 for professional health advice (24 hours, 365 days a year)

- Make an appointment with your GP

Samaritans - 116 123

Confidential, non-judgemental emotional support helpline. (24 hours, 365 days a year)

Saneline - 0300 304 7000

Out of hours mental health and emotional support for anyone affected by mental ill-health. (6pm-11pm 7 days a week)

Anxiety UK - 08444 775 774

Information and support for anyone affected by anxiety. (Mon-Fri 9.30am-5.30pm).

No Panic - 0844 967 4848

Helping people with any kind of anxiety disorder. Specialising in self-help based recovery. (Mon-Sun 10am-10pm).

NHS Talking Therapies Self Referral:

<https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service>

Early Intervention in Psychosis:

<https://www.nhs.uk/mental-health/conditions/psychosis/treatment>

AA - 0800 9177 650

Alcoholics anonymous self-help groups based on the 12 steps for anyone affected by alcohol use issues.

NA - 0300 999 1212

Narcotics anonymous UK. Self-help groups for those with drugs and substance use issues. (10am-midnight 7 days a week)

GA - 0330 094 0322

Gamblers anonymous self-help groups based on the 12 steps for anyone affected by addictive gambling behaviours.

Abc - 0300 011 1213

Anorexia and Bulimia Care providing ongoing care, emotional support and guidance for anyone affected by eating disorders.

Refuge - 0808 2000 247

24/7 domestic violence helpline in partnership with Women's Aid. (Freephone 24 hours a day, 7 days a week).

Survivors UK - 0203 598 3898

Counselling and support for men who have experienced sexual violence or abuse

Alcohol and substance recovery support:

<https://www.smartrecovery.org>

National list of NHS local mental health urgent care teams:

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

WELLNESS ACTION PLAN (WAP)

HELPING PEOPLE GET WELL AND STAY WELL

A Wellness Action Plan (WAP) helps people get well and stay well. It uses a series of questions to help someone explore how they feel when they are well and what they need to do to stay well along with any external triggers that can cause unhelpful thoughts, feelings or behaviours.

To create your own action plan write your answers to the questions below on a separate piece of paper.

- What am I like when I'm well? (when I feel well, I am...)
- What do I need to do every day to stay as well as possible?
- What do I need to do a few times a week to stay well?
- What could I do to stay well that I don't manage to do now?
- What external events trigger unhelpful thoughts, feelings and behaviours in me?
- What can I do when I am triggered to prevent things from getting worse?
- What are my early warning signs that tell me that my mental health is poor?
- What actions can I take when I recognise my early warning signs?



OUR TEAM

THE PEOPLE BEHIND MENTAL HEALTH IN BUSINESS



CLAIRE RUSSELL
CEO

Claire has had a corporate career spanning 20 years, having managed and directed businesses in the financial services sector since she was just 20 years old.

She leads our program development, delivers training and coaching; and is a prolific speaker as well as a committed volunteer, giving much of her time to her local Samaritans branch.

Claire is also a mental health first aider and mental health first aid trainer (accredited by MHFA England)



NIKKI OWEN
OPERATIONS MANAGER

Nikki has 15 years experience running and growing two personal development businesses. The first being the UK's leading NLP & Hypnosis Training business, followed by a Three Principles-based coaching business that trained 100's of Clarity Coaches.

Her understanding of mental health and wellbeing has transformed all aspects of her life from parenting & relationships through to business success.



STEVE HEATH
DIRECTOR

Steve has a diverse background with over 7 years experience running his own successful business in the music industry- gaining valuable experience in project management, marketing and managing teams.

He believes in a future where positive mental health and wellbeing in the workplace is the norm and at the forefront of a healthy, vibrant workforce.

Steve is also a mental health first aider and professional mental health coach.

GET IN TOUCH



Are you interested in creating a positive mental health culture in your business?

If so, we would love to hear from you.

To find out how we can work with your organisation to develop an effective mental health and wellbeing strategy you can contact us below:

Email - info@mhib.co.uk

Phone - 01788 340 180

Web - <http://www.mhib.co.uk>