

# MENTAL HEALTH

CAMPAIGN ACTIVITY IDEAS



**Better Health**  
at Work Award

**BETTER HEALTH AT  
WORK AWARDS -  
PRIMARY CARE**

[betterhealthatworkaward.org.uk](http://betterhealthatworkaward.org.uk)



ACTIVITIES → CAMPAIGNS → HEALTHY CHANGE

**This guide contains some ideas of activities you can run in your workplace to promote workplace health and wellbeing and form a campaign.**

**There are many other campaign resources on the Better Health at Work Award Portal.**

**Your Campaigns are the most visible part of your workplace health and wellbeing activity and are made up of 2-3 activities all focused on the same topic or theme.**

**Activity**

**A single action eg. putting up posters/  
sending an info-email/organising an event  
on a chosen theme**

**Campaign**

**Made up from min 2-3 activities all  
focussed on the same topic/theme**



## TALKING WELLBEING

### Aim

Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

Staying on top of our mental wellbeing is good for us now but also helps us manage difficult times in the future.

Over time, it can also reduce our risk of physical health problems.



## TALKING WELLBEING

### **Aim**

Without staff that are well and at work, the NHS could not deliver quality and effective care to patients.

We need to ensure that staff are provided with an environment and opportunities that encourage and enable them to lead healthy lives and make choices that support their wellbeing.

Talking about Wellbeing at work can lead to positive change in the workplace and is a great way to let staff know that they matter too.

### **Action 1**

Put Health and wellbeing on the next agenda for your team meeting.

Lead a discussion on the five ways to wellbeing, and encourage staff to think about how they could include these in their home and working lives.



## TALKING WELLBEING

### Action 1 cont...

Separate people into small groups and give them 1 -2 of the 5 ways to wellbeing to discuss.

Then ask for feedback from each group. Open up discussions on how you could possibly make changes in the workplace to support the 5 ways to wellbeing.

Learning something new together is a great way to bring people together. See Activity 2 for ideas.

### Action 2

Mental health Quiz. Please see the resource section for quiz questions and answers.

This quiz can be used at the same team meeting or a different meeting to open discussion about mental health.



## TALKING WELLBEING

### Action 3

For a fun, and tasty, mindfulness challenge try the '**Mindful Malteser Challenge?**' This can be found in the resource section.

### What next

Aim to keep health and wellbeing on agendas for all team meetings, and make notes of suggested actions you can take to make your workplace happier and healthier.

There is a ' You said, we did' poster in the resource section you could display in staff areas.

**Keep listening to your staff!**



### **Action 1 Quiz**

Q1: True or False, Mental ill Health is the most common cause of long-term absence from work.

**A1: True**

Q2: True or False People with poor mental health die on average 10 to 20 years earlier than the general population.

**A2: True**

Q3: Obesity is more prevalent among people with mental illness

**A3: True**

Q4: Which of these main lifestyle factors can influence the state of both your physical and mental health:

Physical Activity • Diet • Smoking • Alcohol

**A4: All**

Q5: Is alcohol a stimulant or a depressant?

**A5: Depressant**

**Alcohol is a depressant, linked to a range of issues including:**

- **Stress, anxiety and depression**
- **memory loss**
- **suicide.**

**In Britain, people who experience anxiety or depression are twice as likely to be heavy or problem drinkers – and vice versa.**

- **Men are more likely to turn to alcohol when distressed**

Q6: Please guess a percentage: Alcohol misuse is a factor in suicides

- a)10% of suicides a year
- b)20% of suicides a year
- c)30% of suicides a year

**A6: 30%**



## YOU SAID WE DID

### **Aim**

Many employees feel more valued at work if they feel their voice is being heard.

A great way to let them know you are listening is by communicating the change that you have made off the back of their suggestions.

An example poster is in the resource section.

### **Action 1**

Place a staff suggestions box in a shared area and also take notes at team meetings when staff are discussing health and wellbeing. Let the staff know that they can email you with ideas.

Have a channel where you can share these ideas.

Advertise these changes to staff regularly



## HEADSPACE

### Aim

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

They have now extended their free offer and are offering free access to all NHS staff with an NHS email address until 31 December 2021.

### Action 1

As a follow up to any Activity you run on Mental Wellbeing why not inform your staff about headspace...

[NHS England » Headspace](#)





## SING-A-LONG

### Aim

Bring your colleagues together, have some fun and boost morale. Singing is known to lift our spirits but also research evidence suggests it could also improve breathing for people with lung conditions and help us cope with dementia.

This could be as part of a breakout time initiative, team meeting (optional), or as part of another campaign such as health and wellbeing ten minutes.

### Action 1

Promote this activity and invite people to join you through your usual communication channels.

Ask those taking part to email you with 1, 2 or 3 favourite songs and create a song list.



## SING-A-LONG

### Action 2

Advertise the date, time and location.  
Ask colleagues to vote by email for the first song.

### Action 3

Advertise the winning first song choice and email lyrics to all.  
Advise colleagues to either print lyrics or view on their phone

### Action 4

On the day have a few spare song sheets available in case anyone forgets theirs or extra staff turn up.  
If possible have the song playing on a computer in front of the group or even better on a large screen.  
**Have fun and watch the smiles spread around the room.**

### What next?

After the event, thank everyone for coming and email some pictures.  
Then send out an email vote for the next song, along with the date, time and location to keep the momentum going.



## AT 10 WITH NATURE

### Aim

There's a lot of good research to support the role nature can play in protecting and supporting our mental health.

For many of us though, 'being in nature may not be as easy as it sounds.

The good news is, you don't have to climb a mountain to feel the benefit – there are lots of simple ways to bring nature into your everyday.

For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. It can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- help you make new connections

provide peer support



## AT 10 WITH NATURE

### Action 1

In this activity, you will be encouraging colleagues to spend an extra ten minutes a day, mindfully, in nature.

Email all colleagues and tell them about this new campaign. There is a promotional poster in the resource section. Ask them to sign up by replying to your email.

### Action 2

Email all sign ups the 'At 10 with Nature Sign up sheet,' in the resource section, and ask them to complete each day.

### Action 3

During the campaign you can send people some top tips to encourage them to complete their daily ten minutes:

Why not?

- spend your break outside
- take ten minutes before or after a shift to enjoy nature
- get up ten minutes early and step into the garden



## AT 10 WITH NATURE

### Action 3 cont...

Being outside in natural light can also be helpful if you experience Seasonal Affective Disorder.

You can also send this link so people can read more on the Mind website, it also has ideas for other things to do when outside such as litter picking, exercise and also how to bring a little of the outdoors inside.:

[How nature benefits mental health | Mind, the mental health charity - help for mental health problems](#)

### Action 4

At the end of the campaign asking people to send back their logs helps you to gather evidence.



## NHS SUPPORT

### About

Stress is something that everyone feels at times. Specifically, work-related stress is defined by the Health and Safety Executive (HSE) as 'the adverse reaction people have to excessive pressures or other types of demand placed on them'. It is more prevalent in public service occupations, such as health and social care.

The 2020 NHS annual survey results revealed that 44 per cent of staff report feeling unwell as a result of work-related stress (up from 40 per cent in 2019). The NHS has been identified as having a higher-than-average level of stress-related sickness absence of all job sectors across the country, and so it is integral to address how stress experienced both in and outside of work can be damaging to our NHS people and their organisation, so that we can best support colleagues to be happy, healthy and offer excellent patient care.



## NHS SUPPORT

### Action 1

This web page details the different types of stress, how stress can manifest, as well as providing top tips to support NHS colleagues.

Inform staff of this website set up for NHS staff.

Staff can view sections such as:

- **Detecting early signs of stress**
- **Ensuring your staff recognise the early signs of stress**
- **Different types of stress**
- **Top tips for supporting staff experiencing stress**
- **Resources to support those experiencing work-related stress in your organisation**

**What are Trusts doing to support colleagues with work-related stress**

**<https://www.nhsemployers.org/articles/supporting-our-nhs-people-experiencing-stress>**



**Please see on pages below :**

- Malteser Mindful eating Challenge
- 
- 'You said we did' poster
- 
- Mental Health poster for display in staff areas
- 
- At 10 with Nature Daily log

**Websites to visit:**

**Mental Health Awareness Week 2021**

**Self Help Leaflets - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust ([ntw.nhs.uk](http://ntw.nhs.uk))**

**How nature benefits mental health | Mind, the mental health charity - help for mental health problems**

**Mental health - NHS ([www.nhs.uk](http://www.nhs.uk))**

**Portal**

There are many campaign resources on the Better Health at Work Award Website under the resource section.

You can access this with your health advocate login.

**<https://www.betterhealthatworkaward.org.uk/>**

# Malteser

# Mindfulness



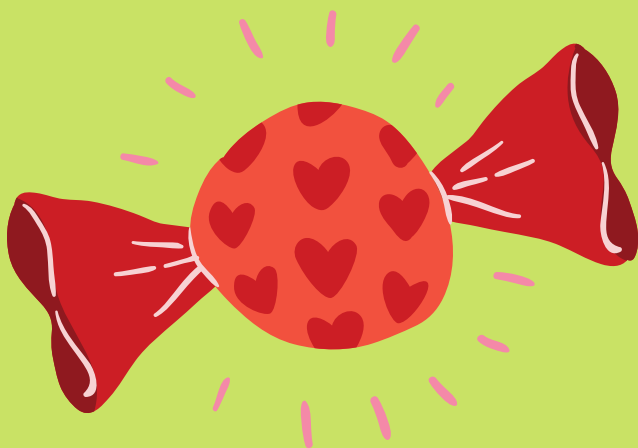
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## The Malteser Mindfulness Meditation

Before you start, make sure your hands are reasonably cool – we don't want that chocolate melting too soon!



1. Take your Malteser and place it in the palm of your hand.
2. Imagine this is the first time you have seen one, and suspend all judgement you might have previously had about it. Adopt a new curiosity about it.
3. Now engage all your senses, following the guidelines below, to explore the Malteser.
  - Look carefully at it – what do you notice?
  - What does it look like?
  - What do you notice about its surface?
  - What colour(s) can you see?
  - How big/small is it in relation to your palm?
  - How does it sit on your palm?
  - What does it feel like?
  - What textures can you feel?
  - If you squeeze it gently, what happens?
  - Bring it up to your ear and roll it between your thumb and fingers. What, if anything, can you hear?
  - What does it smell like?
  - Put it in your mouth and let it rest on your tongue. What do you notice?
  - Roll it around your mouth
  - Bite into it – what happens?
  - Finish eating it, noticing the sensations you experience.





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# YOUR SUGGESTIONS

## WHAT WE ARE WORKING ON

**Suggestion**

**Changes already  
made**

**Still to do**

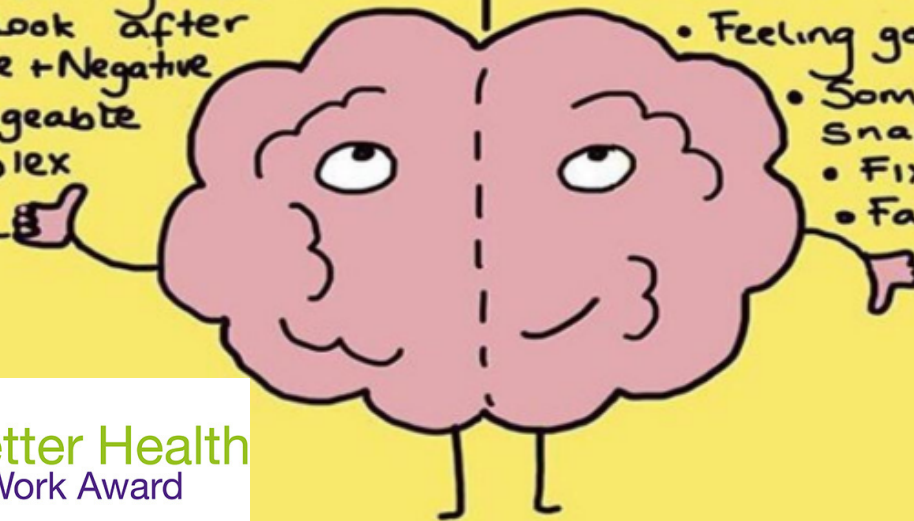
# MENTAL HEALTH

## IS...

- Important
- Something everyone has
- Intrinsicly linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

## ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



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## If you need help you can...

Speak to your line manager, a friend or colleague

Contact Blue Light Infoline on 0300 303 5999.

Samaritans Tel. 116 123

Download a self help guide here:

<https://web.nth.nhs.uk/selfhelp/>

Create a confidential action plan here:

[Every Mind Matters: Your Mind Plan - Mental Health At Work](#)

# AT 10 WITH NATURE

## YOUR DAILY NATURE LOG

| Date | Feeling<br>before | Activity | Feeling<br>after | What you<br>noticed,<br>sounds, smells<br>feelings |
|------|-------------------|----------|------------------|----------------------------------------------------|
|------|-------------------|----------|------------------|----------------------------------------------------|





Mental Health  
Foundation



## Our top tips on connecting with nature to improve your mental health

There's a lot of good research to support the role nature can play in protecting and supporting our mental health.

For many of us though, 'being in nature' may not be as easy as it sounds.

The good news is, you don't have to climb a mountain to feel the benefit – there are lots of simple ways to bring nature into your everyday.

Here are some top tips on how you can build your own connection with nature:



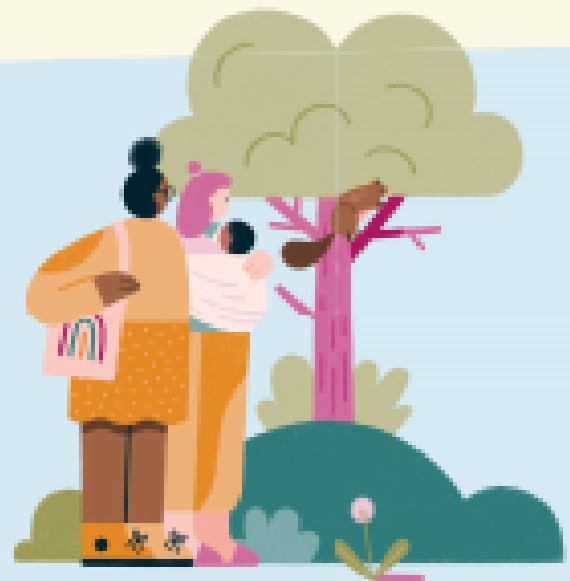
### 01. Find nature wherever you are

Nature is all around us. It might be a garden, a local park, a nearby beach or open countryside. Even in cities where nature can be harder to find, there's things community gardens or courtyards to discover and explore.

Look out for the unexpected – an urban fox on your way out for the early shift, changes in the weather or birdsong outside your window. Try to notice nature wherever you are, in whatever way is meaningful for you.

### 02. Connect with nature using all of your senses

Taking some quiet time to reflect in natural surroundings using all your senses can be a real boost to your mental health. Whether you're relaxing in the garden or on your way to work, try listening out for birdsong, look for bees and butterflies, or notice the movement of the clouds. All of these good things in nature can help you to find a sense of calm and joy.



### 03. Get out into nature

If you can, try to spend time visiting natural places – green spaces like parks, gardens or forests – or blue spaces like the beach, rivers and wetlands. This can help you reduce your risk of mental health problems, lift your mood and help you feel better about things.

If it feels daunting to get outside, try going with a friend or relative, or picking somewhere familiar.



### 04. Bring nature to you

Sometimes it's hard to access natural places because of where you live, how busy you are, how safe you feel or your health. Why not try bringing nature into your home? Having plants in the house is a great way to have something natural to see, touch and smell – pots of herbs from the supermarket are a good start.

If you have a garden, allotment or balcony, think about how you can make the most of it. Grow flowers, plants or vegetables, get a bird feeder and take in the sights and sounds around you.

If planting isn't your thing, you can also connect to nature through stories, art and sound recordings. Watching films or TV programmes about nature are also great way to connect with and reflect on nature.



### 05. Exercise in nature

If you're physically able to exercise, try to do it outside – whether it's a run, cycle or a short walk. Walking or running outdoors in nature may help to prevent or reduce feelings of anger, tiredness and sadness. Try leaving the headphones at home – unless you're listening to nature sounds of course! Or why not try new routes that bring you closer to green spaces or water?



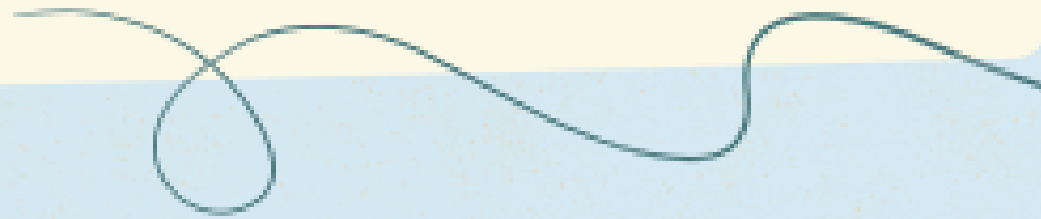


## 06. Combine nature with creativity

Try combining creativity with your natural environment. This could involve taking part in creative activities outside, like dance, music, or art. All of these things can help reduce stress and improve your mood.

You could also increase your sense of connection by taking photos, writing, drawing or painting pictures of the landscape, plants or animals.

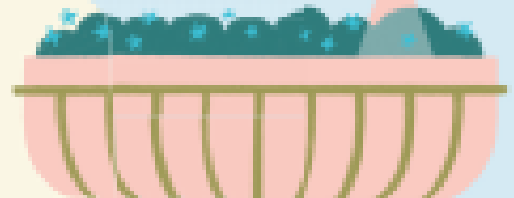
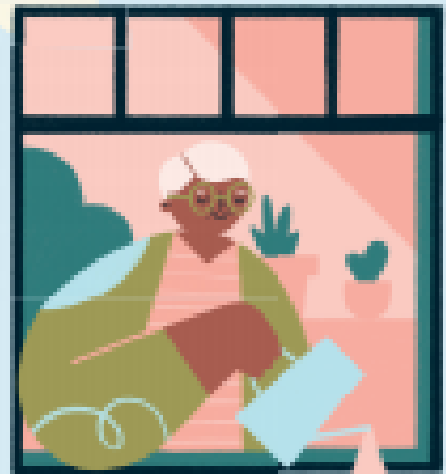
Noticing the beauty of nature and expressing this creatively can help you find meaning and an emotional connection to nature that will stay with you for a lifetime.



## 07. Protect nature

Taking care of something can be a really great way to feel good. And what better thing to take care of than nature? Nature is truly amazing – do what you can to look after nature – in your actions and choices.

This can be as simple as recycling, to walking instead of driving, or even joining community conservation or clean-up groups. Taking care of nature can help you feel that you're doing your part, and that can make you feel more positive all round.



These are just a few handful of ways you can connect with nature. You can also [download](#) our free **"Thriving with Nature"** guide – created in partnership with WWF-UK – for even more tips and activities to enjoy nature every season of the year!

# A SAMARITAN HELPED ME SEE PAST MY PROBLEMS

Whatever you've done.  
Whatever life's done to you.  
Call Samaritans.  
No pressure.  
No judgement.  
We're here for you.  
Any time.



**08457 90 90 90\***



**0300 123 3011\*** (Llinell  
Gymraeg)  
(7pm – 11pm Bob dydd)



**[www.samaritans.org](http://www.samaritans.org)**

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\* Please see our website for latest call charges.