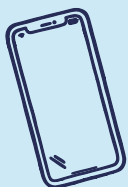


Prioritise Mental Health

Use this board to support the mental health of yourself and those around you this World Mental Health Day

- Step 1** - Fill a box with a pledge of how you'll prioritise your mental health
- Step 2** - In another box say how you'll be supporting a colleague with theirs - write your name beside it if you wish
- Step 3** - Share this board with colleagues and ask them to do the same
- Step 4** - Display in a place where everyone can see it as a reminder of the pledges made

<i>I'm going to go for a walk every lunchtime and enjoy the fresh air. - Rob</i>	<i>I'll put aside 20 mins on Friday to have a coffee with Mike to catch up.</i>		



Share how you're connecting for mental health

Take a screenshot or photo of your completed board and share on social media to say how you're prioritising mental health and inspire others to do the same. Tag Mental Health UK @mhealthuk / @mentalhealthuk and use #PrioritiseMentalHealth on social media.

@mhealthuk @mentalhealthuk



Prioritise Mental Health

This year, around half the UK's workforce have experienced some form of burnout. Use the suggestions below to help complete your pledges and to find ways to combat poor mental health and burnout for yourself and your team. Together you can take small steps to prioritise positive mental health.

Ways you can prioritise mental health

Yourself



Keep active – have a brisk lunchtime walk, try yoga to calm your thoughts or head to the gym



Reserve a break in your work diary to have a check in with a colleague



Feed your creative side - listen to your favourite music, pick up a paintbrush or put pen to paper



Listen to our [Five Ways to Wellbeing](#) podcast

Your team



Set up a regular tea break for the team to drop into for an informal chat



Do a walking meeting with a colleague you don't often work with



Give one hour back to colleagues: allow them to take an extra hour off when they need it this week



Organise a [Big Mental Health Get Together](#) with your team

Information and support

Find resources and guidance for having conversations about mental health, and supporting other people: [World Mental Health Day 2022](#)

