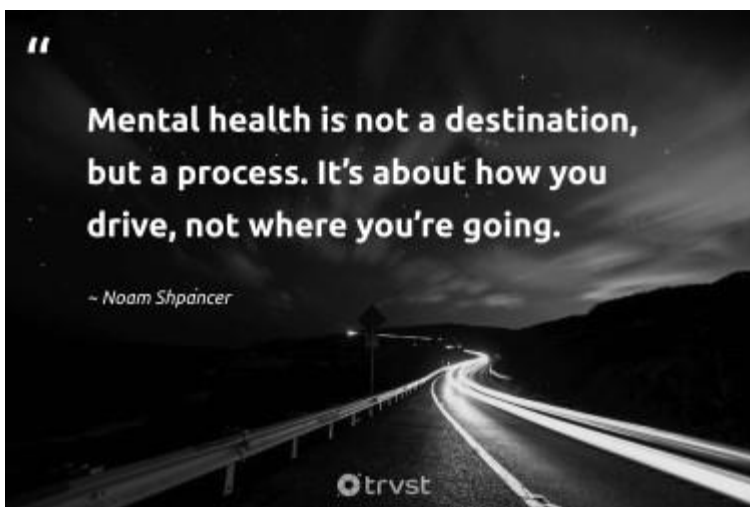


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**YOUR MENTAL HEALTH IS
EVERYTHING — PRIORITIZE IT.
MAKE THE TIME LIKE
YOUR LIFE DEPENDS ON IT,
BECAUSE IT DOES.**

– MEL ROBBINS

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Hold space for

Yourself

When you hold space for yourself you create a place for you to check in, to see where you are at right now. Realign your self with the things that truly serve you.

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

#MyWholeSelf

My Whole Self MOT

There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.


How's my mental health today?

How do I feel today? Mentally? Physically?


My Stress Container

How full is my container? Am I using helpful coping strategies? Are they working? Learn about your Stress Container here.




My mental health journey

Our mental health is part of the wider journey of our lives. Learn more.




Looking after my wellbeing

How did I sleep last night? Am I eating a balanced diet and drinking enough water? For tips on supporting your mental health, especially when working from home, look at our [guidance](#).




How's my thinking today?


How are my thoughts making me feel? Am I having unhelpful thoughts? Create Your Mind Plan with [Every Mind Matters](#) to get tips to help deal with stress and anxiety and boost your mood.



What can I do to look after my whole self?

Write down a few things that you can do to improve your wellbeing. Check it out now so that you know you are doing.



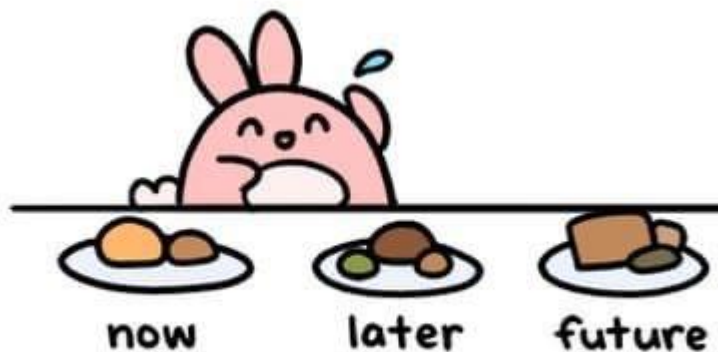
Join the campaign for workplace culture change. Check out our resources at mbfaengland.org 

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we feel like we have to keep everything on our plate at once.



but we don't! we can split things up. let yourself breathe and focus on one small plate at a time.



☞Show all 7 attachments (2 MB)☞Save all to OneDrive - The Fen Rivers Academy☞Download all
Good morning everyone,

For today's Well-being focus I am sharing some tips from a Mental Health First Aider Shona Brown.

"Our mental health is very important, it can affect how you treat yourself and others, as well as affecting your physical health. It's important that we take time to address our worries and concerns to keep ourselves the best possible version we can be.

That's not to say that our lives can be completely stress-free, but there are ways we can reduce these feelings, such as speaking to someone close or actively working on improving your mental health by making some small but significant changes in your life.

> Reverse to-do list: Write a list of jobs at the end of the day that have been completed rather than jobs to do in the morning. Whilst this list might not be full of the items on the to do list, it can feature all the other things that you have accomplished that day. You will see that whilst you may not have completed the jobs listed, that you have accomplished so much more in your time at work.

> Take a self-care hour: If you can, take time to spend 45 minutes to an hour on yourself. This can be playing computer games, reading a book, making a playlist, or planning a day out. This hour is meant to focus on you and the things you enjoy, and not be interrupted by work emails or calls. Our bodies and minds need rest, be kind to yourself.

> Listen to music: When feeling low, thinking about how you can feel better may seem difficult. What can help is music that evokes certain happy memories for you or even just tunes that you like the beat of. Create a playlist, add your tunes, press play, and simply relax for a while. Music can have a huge impact on mood, so feel-good happy tunes can help you feel your best and take a load off your mind.

Your stress container

Everyone has a stress container filled with various elements and happenings during our day that can weigh us down.

These can be personal events, work-based events, or events on a much bigger scale such as global ongoing events we see in the news and on social media. These things can feel overwhelming and take a toll on your mental health. But how can we address these things that affect us?

When our stress levels build up, our “stress container” overflows, and this is when issues can develop, which can look different for everyone. Some common signs can be irritability, tearfulness, indecision, lethargy, and even consuming more caffeine or alcohol.

When we use unhelpful coping methods such as overworking or increasing our misusing substances, this can block up the release of stress and the container can overflow. While we all use these methods sometimes, like any skill, we can learn how to replace these with healthy coping methods that can help empty our stress container.

Some helpful methods we can use to act as a tap to let stress out of the container and to stop it from overflowing can be being active (at the gym or outdoors), making time for the hobbies or activities we enjoy, or spending time with friends or family.

Work, home, and everyday events can have an impact on our mental health and wellbeing. It's important to know that you're never alone, and there are resources out there that can help you and guide you on the next steps to take depending on how you're feeling and what you're dealing with."

Some mental health charities offer a range of free resources and services include [Mind](#), [Rethink Mental Illness](#), [YoungMinds UK](#) (for children and adolescents) and [Mental Health Foundation](#). The [NHS also provides mental health resources](#), including 24-hour crisis hotlines.

Please look after yourself and keep an eye on each other....

Because mental health matters!

#wellbeingweds #selfcare #stresscontainer #weallstruggle #notalone #addressstress
#burnoutisreal #copingmechanisms #lookafteryou #mentalhealthMOT