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Finding ways to feel good in the gap of space between where you are and where you want to be is everything.

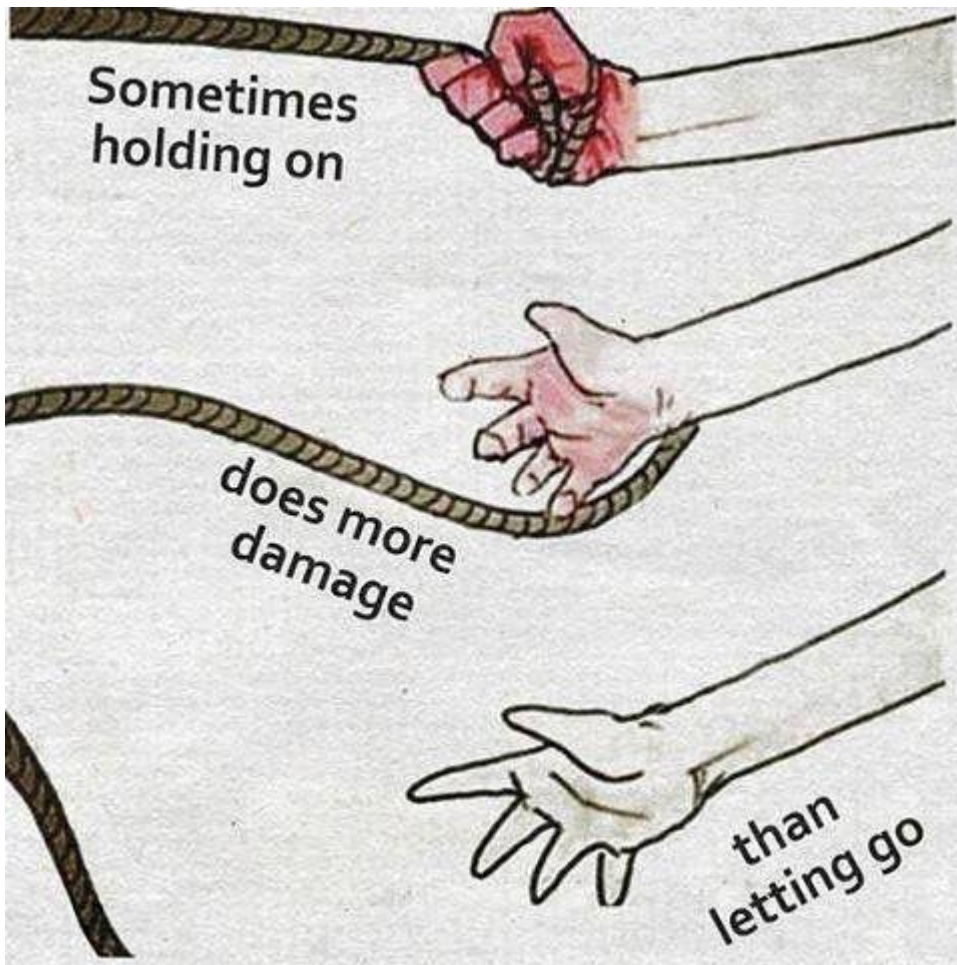
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Good morning everyone,

I hope this email finds you well.

Today I'm sharing some information from the Mental Health foundation for well-being at work.

Work is a major part of our lives. It is where we spend much of our time, where we get our income, and often, where we make friends 🧑‍🤝‍🧑 But, we all have moments when life gets on top of us - sometimes that's work-related, like deadlines or travel. Sometimes it's something else – our health, our relationships, or our circumstances.

Mental health is the way we think and feel and our ability to deal with ups and downs. Mental health is something every single person has.

When we enjoy good mental health, we have a sense of purpose and direction, the energy to do the things we want to do, and the ability to deal with the challenges that happen in our lives.

When we think about our physical health we know that there's a place for keeping ourselves fit, and a place for getting appropriate help as early as possible so we can get better. Mental health is exactly the same.

Here are several things to keep in mind ❤️

- 🧠 Talk about your feelings
- 🧠 Keep active
- 🧠 Eat well
- 🧠 Drink sensibly
- 🧠 Keep in touch
- 🧠 Ask for help
- 🧠 Take a break
- 🧠 Do something you're good at
- 🧠 Accept who you are
- 🧠 Care for others

Please visit the link here for more in depth information on each area above.

<https://lnkd.in/eFAvXfpy> and a full guide to support Mental Health that is worth taking the time to read.

Our mental health is on a spectrum that can change throughout the day so being honest, sharing your feelings, asking for support, taking some time where needed, is what will help look after your mental health in the long term of life.

When heavier seasons come, it requires us to be honest and vulnerable and that's hard and often the default answer is "I'm fine", when deep down we aren't at that time.

Asking for help is not a sign of weakness, it's being brave despite your fears and an act of courage to speak up. Staying silent keeps you stuck.

As the saying goes, "if you always do, what you've always done, you always get what you've always got".

There's an interesting short video here to reflect on so I hope you'll have a look.

<https://youtube.com/watch?v=IjxXxqsv8Zc&feature=shares>

Talking about mental health can seem daunting, but we've all had conversations with people about bereavements, breakups and other major life events – they don't always start easily but they often mean a lot to a person having a tough time when they are ready to open up.

At the end of the day, we all need an environment of compassion, sincerity, empathy and non judgment when talking about mental health difficulties and stresses of life.

So I hope this helps support you to understand how to help manage your own mental health, as well as working together with each other to make our workplace more mentally healthy for everyone.

#mentalhealthmatters #workwellbeing #imfine
#honestyreallyisthebestpolicy #lookafteryou
#compassionovershame #teamwelfare