

# Session 5 - Mental Health & Wellbeing in the workplace for Individuals

Looking after our own mental health



**WITH YOU IN MIND**

CORPORATE WELLBEING

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# |Coping in the moment

- Deep breathing
- Focus on a positive emotion, like gratitude
- Distract yourself (go for a walk or read a book)
- Stay present
- Ask for help

# | Coping Mechanisms

- We all need coping mechanisms to build mental resilience and alleviate stress
- A coping mechanism can work when you feel stressed or build resilience to prevent stress overflowing into symptoms of stress
- We are all different and all have different ways in which we cope
- There are helpful and unhelpful coping mechanisms

# | 5 Steps to wellbeing

- 1 Connect
- 2 Be Active
- 3 Be Mindful
- 4 Keep Learning
- 5 Give to others

# | Resources

- Apps:
  - Headspace
  - Calm
  - Insight Timer
  - MapMyRun
  - MyFitnessPal
- Employee Assistance Programmes
- NHS
- Able Futures

To learn more visit

[www.rec.uk.com/mental-health](http://www.rec.uk.com/mental-health)



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Thank you to Joanne Quinn  
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