



MENTAL HEALTH AND WELLBEING TOOLKIT

ACTIVITY GUIDE

There are lots of ways that workplaces can support people to incorporate the Five Ways of Mental Health and Wellbeing into their day-to-day lives.

Use this activity guide to identify and promote activities at your workplace.

You can use the goal setting template in the toolkit to set some goals for the workplace.

One small step can make the difference – Let's all make the most of every day.

| ACTIVITY GUIDE | CONNECT | BE ACTIVE | TAKE NOTICE | GIVE | KEEP LEARNING |
|--|---------|-----------|-------------|------|---------------|
| Acts of kindness wall | ✓ | | | ✓ | |
| Book club | ✓ | | | | ✓ |
| Charity events | ✓ | | | ✓ | |
| Daily briefing / TBT | ✓ | | | | |
| Encourage eating together | ✓ | | | | |
| Encourage walking groups | ✓ | ✓ | ✓ | | |
| Go for a walk instead of a coffee with a friend - or walk for 20 minutes of your lunch break | ✓ | ✓ | | | |
| Lunch and learn sessions | ✓ | | | | ✓ |
| Make like the 80's and walk to your colleagues desk rather than email them | ✓ | ✓ | | | |
| One to one induction | ✓ | | | | |

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| Pay it Forward - commit a random act of kindness | | | | ✓ | |
| Photography competition | | | ✓ | | |
| Promote community events (arts etc) | ✓ | | ✓ | | |
| Promote cycling or walking to work | | | | | |
| Reward & recognition | ✓ | | | ✓ | |
| Safe Starts (stretching) | ✓ | ✓ | | | |
| Set an alarm to stand, move & stretch for five minutes out of every 60 | | ✓ | | | |
| Social team events | ✓ | | | | |
| Take the stairs instead of the lift | | ✓ | | | |
| Team challenge | ✓ | ✓ | | | |
| Team sports | ✓ | ✓ | | | |
| Walking Meeting | ✓ | ✓ | | | |
| Wellbeing events host | ✓ | | | | ✓ |
| Workplace BBQ | ✓ | | | | |