

Mental Wellbeing Checklist - Mini Recap

[Watch a recap here.](#)

Please share with colleagues. Expires in 24 hours. Skip to;

13 mins - for the science

18:30 mins - stress triggers exercise

19 mins - science of stress response

37:30 mins - 8 Breath Pause Reset

46 mins - Body techniques

51:30 mins - Mind techniques

Please find below details to contact Joy the mental health nurse (all conversations confidential) and other provision to help support you as needed. Everyone benefits by talking to someone. You can talk to Joy about anything, no situation too big or small.

Test techniques and remember it's ok to ask for help.

Wishing you a moment for you today, you are important.

Mini Recap

Stress occurs when we care about something. Family and work often cause stress because we care about them going well. We are not going to stop stress, but we can learn how to manage it more effectively.

How you think about stress will impact how it affects you. If you perceive stress as a bad thing, it's likely to have more of a negative impact. If you perceive stress as a sign or a signal, it's likely you will find a more effective response to stressful thoughts, feelings and situations.

“I'm stressed and everything is awful”

OR

“I notice I'm feeling stressed about work, I know this is usually a sign that I need to take a break and go for a walk”

One simple daily protective habit. To effectively manage our mental wellbeing each of us needs one clear action we can take most days which helps us manage our stress levels. The priority is doing something which feels easy and brings a noticeable benefit.

This could be;

- Going to our quiet location and taking an 8 breath pause
- Daily walk
- 8 Breath Pause + identifying our second response
- Talking to someone about how we feel

Full list of Minimum Effective Does (MED) options on the session.

Which techniques will you test everyday for the next 7 days? Find your optimal mental wellbeing routine sooner rather than later.

Thank you for having the courage to test new things.

Extra Help

- **Ask Joy Anything** [here](#). Available worldwide. Getting another perspective always helps.
- **Shout** is the UK's first 24/7 text service, free on all major mobile networks, for anyone in need anytime, anywhere. [Read more here](#) - or simply text 'shout' to 85258
- **Mini Mindfulness** guided practices - stream or download [here](#)

It's ok to ask for help, we all need a hand at some point.