

Mental Health

Managing Our Well-being

What I will cover:

1. Some tools that can help you manage yourself and your work
2. Sign-posting
3. Opportunity to asks questions and discuss issues

MoSCoW

- **Must have...**
 - Most vital things you can't live without
- **Should have...**
 - Important but not vital
- **Could have...**
 - Nice to have
- **Would have...**
 - Things you can give up on



HDN
YOUR NETWORK
TO DIVERSITY



Step Back

Think

Organize

Proceed

The Inner Game of Stress: Outsmart Life's Challenges
and Fulfill Your Potential
by W. Timothy Gallwey

Cary Cooper (CIPD) Top Tips

Follow routine

Ground rules

Work space

Stay active

Get dressed

Email not
always the
answer

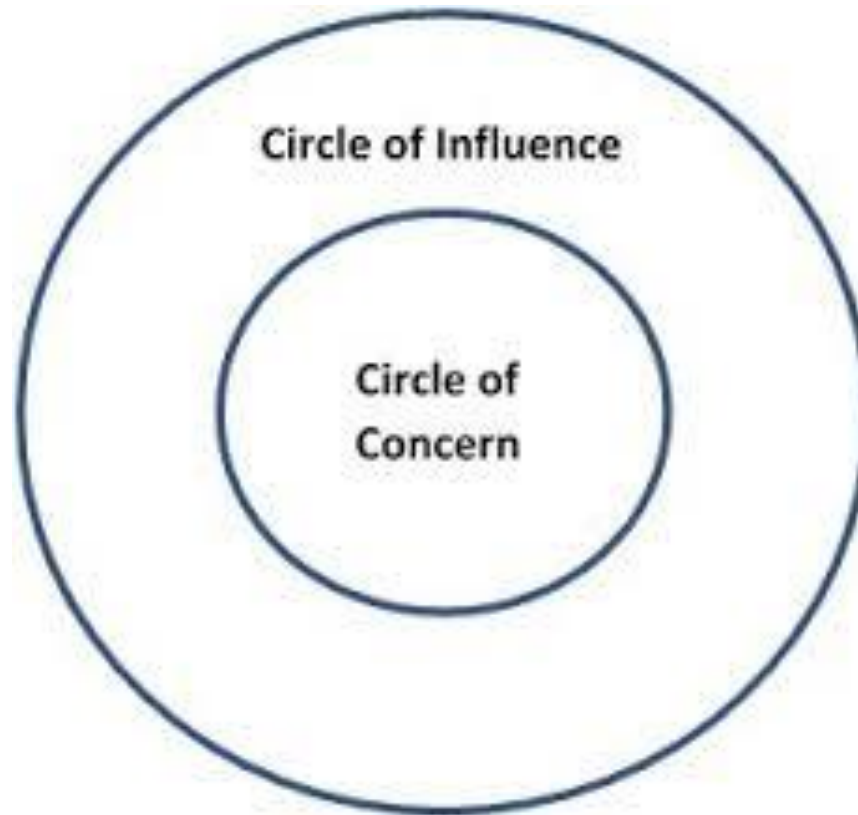
Don't be a
news junkie

Take control of
the things you
can

Stay
connected

Reflect on
working life

Circle of Influence - Stephen Covey



More strategies...



Key messages

- So much change currently causing anxiety, stress, pressure, challenges and opportunities
- Lots of tools, strategies, support – decide what is right for you...
- This will pass...
- Think about what to address in coaching...

What do you want to continue?



Where to go for more support:

- Your own support networks, family, friends, colleagues
- Your organisation well being and mental health staff or policies
- Internal EAP or support services
- You tube – mindfulness, yoga, calm techniques etc
- Apps – headspace, calm, audible others
- GP/Health Service
- NHS website/services
- MIND website/services
- Local well-being services
- HDN Mental Health & Well Being & Coaching Programme



Thank you, any questions?

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