

SUPPORT YOUR STAFFS' MENTAL WELL-BEING



ENCOURAGE TAKING REGULAR BREAKS AND STRETCHING YOUR LEGS

Having time away from your desk or workspace is important for everyone's mental well-being, giving you time to decompress. Encourage employees to take regular breaks and stretch their legs. And no, taking a toilet break doesn't count...



PROVIDE NETWORKING AND SUPPORT GROUPS

Set up regular support groups to raise mental health awareness. Having "coffee hours" can be a great support and holding these at set times and places for consistency all helps.



ASSIGN MENTAL HEALTH FIRST AIDERS

Mental health first aiders are trained in spotting changes in behaviour and signs of declining mental well-being. By noticing these early, you'll be in a better position to help and support your team.



GIVE EMPLOYEES TIME FOR THEMSELVES

Discourage work outside regular hours and prevent late night emails or phone calls. This allows employees to switch off and have all-important time for themselves.



PLAN TASK IN ADVANCE AND BE ORGANISED

Where possible, provide well-planned days and comfortable deadlines. If you notice someone with a higher workload than usual, offer them extra support.



HEALTHY EATING AND HYDRATION

Don't overlook this simple but effective solution that keeps our brains functioning how they should. Plenty of water and sensible eating encourages a healthy lifestyle. Include education around good nutrition in mental health awareness training.

