




Activities

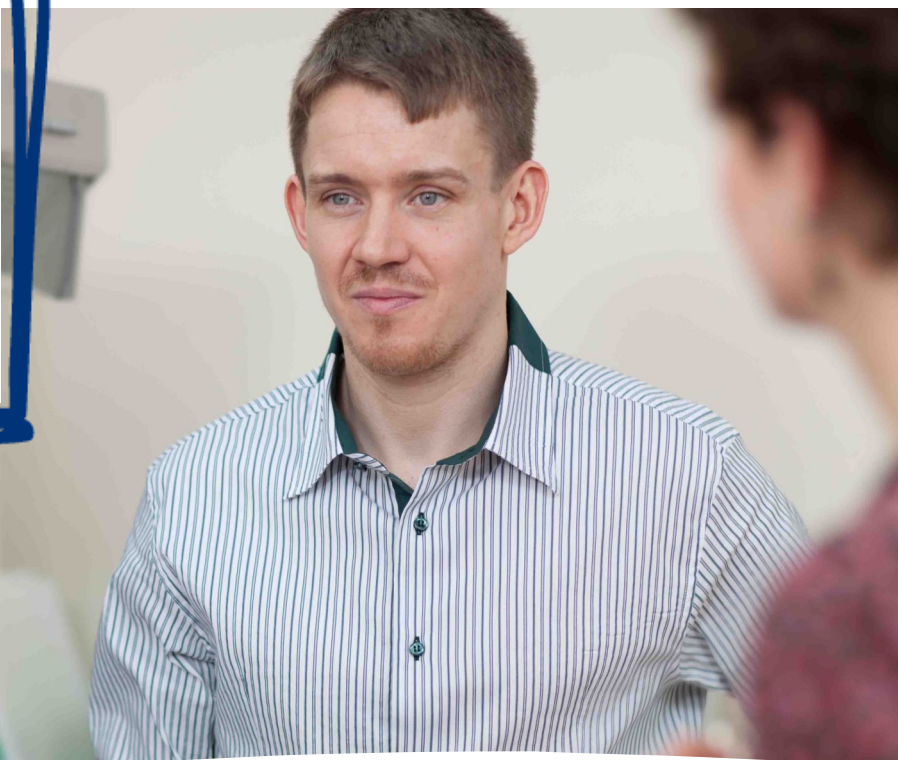
This week...

- **Educate and engage** - do you have fuddles? Or any social aspect for the team once a week? Make one themed around Mind Your Mates and look at a Mental Health Myth Buster Quiz. You can find ideas from our friends at Time To Change here: <https://www.time-to-change.org.uk/get-involved/get-your-workplace-involved/resources/activities>



Mental Health
problems are pretty
rare...

True or False?





Step Challenge – Encourage your employees to take part in a step count challenge. For those in the office, it might be walking to get a drink, speaking to someone (socially distanced) face to face instead of the phone, or if they're working from home, taking a walk at lunch time. Exercise allows for social interaction, gives a change of view and even that slight bit of movement will release some endorphins and stretch those muscles. Could you make it into a fundraising challenge to help York Mind?

Ask your team – Some of these ideas will be great for your teams. Some of them won't. Could you ask them what they think would start conversations? With your team, give each person some A4 and fold it in half, then again, then again, until you have 8 squares. They each write in these squares 8 ways to get conversations going, with time and money no object. 5 minutes – GO!

