Activities
This week...

Find out what goes through people's minds at their computer

This might be a scary one! Have people take the time to fill out the diagram overleaf with negative thoughts that go through their head while they are at their desk across a few days.

- *That project failed because I didn't send that email straight away...*
- *No one else seems stressed...*
- *I can't believe I said that in front of other people...*

It's a great way for people to see that actually, we all have worries, but some worry more than others, usually unnecessarily. Have the teams submit these sheets, anonymously, and compare sheets.

Negativity Jar

You will have heard of the swear jar. Keeping it clean (or not! You know your office culture...) make a collective list of everything people do that is bad for their wellbeing. Long periods of sitting, self criticism; ignoring or belittling someone else; working longer hours than necessary. Once these are identified, make them seen, write a charge against them and make sure you take part! The money raised can be donated to York Mind, and we will be able to help more people and educate about better mental wellbeing.

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