

# Mental Wellness Week 4



Gratitude

Empathy & Inclusion

Nurture Your Mind

Day 1

List what you have achieved so far in your life and why you are happy about it. List as many as you can!

Day 2

We act with humility and respect by listening and encouraging openness from our diverse team. We allow colleagues and team members to share moments of normality.

Practice a short meditation from an App (Calm, Headspace, Buddhify) or this [5 minute meditation](#). How does it make you feel?

Celebrate Success

Fit your hours of work into your day to support your productivity cycles, working environment and availability to colleagues. [Have a read about productivity cycles here.](#)

Day 3

We build relationships beyond our own team, through trust and shared goals. We work to create safe spaces for connection, conversation and support.

Working Smarter

Day 4

Nurture Your Body

Increase your connectedness with your team by sharing images of your hobbies and interests from home or site. [Tips for great photos!](#)

Day 5

Think about who makes you smile. If you feel comfortable, tell them about it and thank them. [There is magic in your smile.](#)

Resilience Training

Buddy System

Arvo Text

Team Morning Tea

Birthday Calendar

Walking Meeting

