

# Mental Wellness Week 1



Empathy & Inclusion

Gratitude

Nurture Your Mind

Day 1

Think of a person who has a positive impact on your life. Draft a note and send to them or simply tell them in person. [The science about gratitude.](#)

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 breathing exercise.](#)

Celebrate Success

Day 4

Set personal KPIs for hours per day to work, and hours for relaxation. Communicate to family/friends/team that you have a routine. [Tips for setting work-life boundaries while WFH](#)

Day 3

Nurture Your Body

Working Smarter

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

Day 5

If you didn't get to participate in the recent Push-up Challenge, why not start an [exercise challenge](#) in your own circle? If you did, why not encourage others to start a new one?

Randomly select a colleague from your team. Call them for an ad-hoc 10 min chat. [57 Conversation Starters in case you're stuck.](#)

Resilience Training

Buddy System

Arvo Text

Team Morning Tea

Birthday Calendar

Walking Meeting

