

Mental Wellness Week 2



Gratitude

Empathy & Inclusion

Nurture Your Mind

Day 1

Share your appreciation with those closest to you - send them a gratitude message
[Is gratitude the secret of happiness?](#)

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.

[Yammer](#) is a great place to learn about the business and connect with others who share similar interests and challenges. [Join the conversation!](#)

Celebrate Success

Understand your fatigue using the [Fatigue Self-Assessment Tool](#) and learn about the benefits of fatigue management by reviewing the [Fatigue Management Plan](#).

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

Have you checked the [Thrive Mental Toolkit](#) recently? Find a resource which resonates with you, and share with a colleague.

Day 5

Perform an act of kindness today. Here are some [ideas](#).
“[Kindness makes you happy and happiness makes you kind](#)”

Resilience Training

Buddy System

Arvo Text

Team Morning Tea

Birthday Calendar

Walking Meeting

