Write down 3-5 things that went right today and you are thankful for. Giving thanks can make you happier.

Resilience Training

Buddy System

Arvo Text

Team Morning Tea

Birthday Calendar

Walking Meeting

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.

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

Distracted? Trouble focusing at work? Try different strategies to refocus.

Take a walk and notice the positive things around you (e.g., sounds, smells, sights, colours). Pause as you perceive each thing and take it in. 5 ways walking helps to relieve stress.

Think of someone who is going through a tough time. Learn more about mental health. Get in touch (email/text/call/in person) and let them know you are thinking of them.

Complete the Mental Health Survey. Discuss your results during Safe to Speak Up meetings.

Celebrate Success

Nurture Your Mind

Empathy & Inclusion

Gratitude

Mental Wellness Week 3

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