

# Mental Wellness Week 3



Gratitude

Empathy & Inclusion

Nurture Your Mind

Celebrate Success

Working Smarter

Nurture Your Body

Resilience Training

Buddy System

Arvo Text

Team Morning Tea

Birthday Calendar

Walking Meeting

Day 1

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

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.

Complete the [Mental Health Survey](#). Discuss your results during Safe to Speak Up meetings.

Distracted? Trouble focusing at work? Try [different strategies](#) to refocus.

Day 3

Day 4

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

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

Day 5

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.

