



# HOW TO GET INVOLVED IN MENTAL HEALTH AWARENESS WEEK 2023

On the theme of 'Anxiety', this year's  
Mental Health Awareness Week is  
from 15 to 21 May.

# Get involved in Mental Health Awareness Week 2023

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## Your weekly activities overview

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|           |                         |
|-----------|-------------------------|
| Monday    | Coffee morning          |
| Tuesday   | Wear it green<br>day    |
| Wednesday | Workplace walk          |
| Thursday  | Workplace<br>meditation |
| Friday    | Ask a friend<br>twice   |

# Get involved in Mental Health Awareness Week 2023

## Why should you get involved?

Talking openly about mental health can reduce the misconceptions and stigma, and can encourage those who are suffering to seek help and find a support network. It's important for co-workers, caregivers, friends, and loved ones to understand the impact that mental health has on daily life.

We will be giving you a plan on activities you can do each day of the week to get involved in raising awareness around mental health



# Mental Health Awareness Week

## 2023 - Anxiety

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Anxiety is one of the most common mental health problems we can face. In a recent mental health survey we carried out around stress, anxiety and hopelessness over personal finances, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time. On a positive note, anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.



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## Monday

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Let's start the Mental Health conversation with a coffee morning!

Sometimes it's hard to open up to people out of fear of judgement, so let's set up a judgement free zone! Encourage workers to bring in baked goods and to get involved. We will also give you some ways on how to start the conversation.



And don't forget, listening can be exactly what someone needs!

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Tuesday



## Wear it Green Day!



 Mental Health Foundation  
**Wear It  
Green  
Day**

Green has been chosen as a colour to represent mental health awareness. So we challenge you to go crazy with green!

whether you just wear a green ribbon, or dress head to toe in colour. Every little bit helps show that YOU are accepting of the mental health conversation.



Please send in any pictures you get of you and your team dressed up in green!



# Get involved in Mental Health Awareness Week 2023

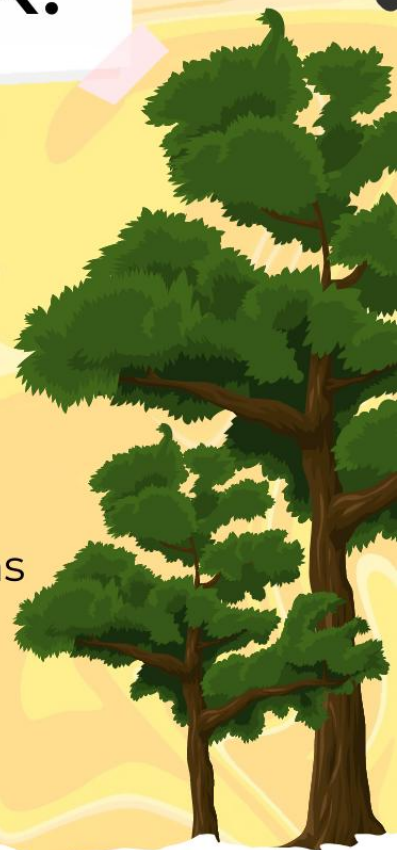
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Wednesday

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## Workplace Walk!

Walking improves productivity, boosts energy levels, and enhances general well-being by incorporating regular movement and fresh air. Additionally, the space of the outdoors increases brain function which can help stimulate creativity, innovation, and memory. These meetings can be used to educate, inform, problem solve, socialize, make decisions and resolve conflict. These are a few of the many things that can be accomplished during a workplace walk!



Let's get out into nature this  
mental health awareness week!



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Thursday

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## Workplace Meditation!

Meditation and mindfulness can improve work performance, personal relationships, and health. In an average 9-to-5 work day, just 5 minutes of deep breathing, reflection, and tension release can work to decrease stress levels and increase overall productivity.



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Friday

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## Ask a friend twice

Today is the day to ask,  
are you ok?

Usually when asked  
that question our  
instinct is to brush it  
off and say “yeah I’m  
fine”. Today we want  
you to go a step further and ask  
twice. When asked again, are you ok?  
You’re more inclined to open up to  
the person you’re talking to

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## The Mental Health Conversation

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- Actively listen to the person by giving them your undivided attention. Leave any questions or comments until the person has finished, so you don't interrupt them.
- Once someone knows they're being given the space and time to talk, they're more likely to open up. If someone approaches you wanting to talk, it may not be possible for you to give them the time they need there and then. Instead, show them you recognise that they've taken a positive step by speaking to you, explain why you can't talk now and arrange a better time to have the conversation. If they are in urgent need of help, be sure to signpost them to support.
- Reflecting the words they've used can encourage them to open up more.
- Avoid clichés. Comments like "pull yourself together" or "you're just having a bad day" are unhelpful.
- Remind them that mental health problems are more common than people think, and that they can affect anyone at any time.
- Avoid asking too many questions, especially closed questions (which require a 'yes' or 'no' answer) and those that begin with the word 'why.' Ask open questions to invite a more detailed response:
  - Can you describe how you're feeling?
  - How do you look after yourself?
  - What support do you have in place?
- Reassure them that it's positive that they want to talk about their experience, and that they've acknowledged they want support (if this is the case).