



Following on from my virtual attendance at the CIPD Midlands Annual Event earlier on today and the session on Building Resilience and Looking After Wellbeing, it made me reflect on this year's World Mental Health Day which is even more important than ever.

The charity Mind's campaign is '**Do One Thing Today**' and some suggestions include going for a walk, learning a new skill or doing something creative, taking the first steps to getting support for yourself, or reaching out to someone else. They have some useful resources on their website including a calendar for different things you can do each day for better mental health (copy included on the second page).

When I think about my own mental health, I recognise that I have some go to activities which help me to maintain a healthy balance:



I take myself out for a walk in the countryside, or even just around my village – sometimes listening to a podcast, other times taking in my surroundings which ground me



I love to listen to music and find classical music particularly calming for my mind



I am an avid reader and find the escapism of fictional books a calming distraction



There is a Danish concept called 'Hygge' used to describe a moment or feeling that is cosy. I create this as part of my self-care at home – candles, chocolate, feel good movie



Support from my partner, family and friends is invaluable, although I am not particularly proactive at asking for help, so I am consciously working on getting better at this

# Do one thing

## for better mental health this World Mental Health Day

Our monthly calendar is packed with actions you can take for better mental health. Use each week to try and focus on the 'Five ways to wellbeing'. The following ideas have been researched and developed by the New Economics Foundation.

[Write Month here]

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Talk to someone instead of sending an email	[Write your own ideas in these spaces]	Speak to someone new		Put five minutes aside to find out how someone really is		Have a tea with someone

Do something different today and make a connection

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Take the stairs not the lift		Do some 'easy exercise', like stretching		Have a kick-about in a local park		Go for a walk at lunchtime

This week, why not get active?

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Take some time to enjoy the moment and the environment around you		Notice the changing seasons		Get a plant		Have a 'clear the clutter' day

Take notice and be in the present

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Find out something about your friends, families or colleagues		Do a crossword or Sudoku		Research something you've always wondered about		Start a new book

Focus on learning

Mon [00]	Tue [00]	Wed [00]	Thu [00]	Fri [00]	Sat [00]	Sun [00]
Do something nice for a friend, or a stranger		Thank someone		Smile		Look out, as well as in

Give

You can get information and support from Mind:  
[mind.org.uk/information-support](https://www.mind.org.uk/information-support)



For further information and support from Mind visit -  
<https://www.mind.org.uk/getinvolved/world-mental-health-day-2020/>