

5 tiny habits that improve your mood in under 10 minutes

-  **1 Step outside for fresh air and daylight**
Even a walk around the block can help reset your mind.
-  **2 Put your phone down for 5 minutes**
Unplugging from tech can help reduce overwhelm.
-  **3 Have a chat**
Connection is one of the biggest mood boosters. Speak to a friend, colleague, neighbour.
-  **4 Move your body**
Stretch, dance, run, hit the gym to release some tension.
-  **5 Write down 3 things going well today**
It's easy to dismiss the little wins, recognise them.






Small habits build up to a big difference.



CONFIDENTIAL HELPLINE

0800 030 6789

5 signs to look out for in common mental health conditions

- **1 Changes in eating or sleeping**
Notice if it's much more or less than usual.
- **2 Withdrawing from people or activities**
Losing interest in things that are normally enjoyable.
- **3 Feeling constantly overwhelmed or anxious**
Even small tasks can feel difficult.
- **4 Changes in mood or energy**
Irritability, low mood, exhaustion or emotional numbness.
- **5 Difficulty concentrating**
Struggling to focus, remember things or stay motivated.

Everyone experiences mental health differently, but recognising changes early can help people access support sooner.

P.S. Check out our
Mental Health
First Aider training



CONFIDENTIAL HELPLINE

0800 030 6789

5 ways to check in on a friend without making it awkward

- 

1 "You've seemed a bit quiet lately...
how are you doing?"
Simple, open and non-judgemental.
- 

2 **Ask then ask again**
Sometimes "I'm fine" is automatic.
A gentle second check-in can help
someone open up.
- 

3 **Keep it casual**
A walk, a coffee or a voice note
may feel less pressured.
- 

4 **Don't rush to fix things**
Just listen, don't interrupt and let
them know they've been heard.
- 

5 **Follow up later**
Checking in again shows you
genuinely care.

You don't need the perfect words,
showing up matters most.



CONFIDENTIAL HELPLINE

0800 030 6789

5 things NOT to say,
and what to say instead

- | | | | | |
|---|---|---|---|--|
| ✗ | “Everyone feels like that sometimes” | → | ✓ | “That sounds really difficult.” |
| ✗ | “Chin up, stay positive” | → | ✓ | “It’s ok you feel this way, I’m here to listen.” |
| ✗ | “What do you have to be sad about? Other people have it worse.” | → | ✓ | “What you’re feeling is completely valid.” |
| ✗ | “You’ll get over it” | → | ✓ | “You don’t have to go through this alone.” |
| ✗ | “What do you have to be stressed about?” | → | ✓ | “What’s been feeling hardest lately?” |




Supportive conversations start with empathy.



CONFIDENTIAL HELPLINE

0800 030 6789

5 things you can do in your workplace

-  **1 Encourage regular breaks**
Rest improves focus and reduces burnout.
-  **2 Normalise conversations about wellbeing**
People are more likely to seek support when it feels safe.
-  **3 Respect boundaries outside working hours**
Celebrate rest as much as productivity.
-  **4 Check in on workload, not just performance**
Support people, not just productivity.
-  **5 Lead by example**
Healthy workplace culture starts from the top.


Keep conversations ongoing. Mental health awareness should happen all year round.





CONFIDENTIAL HELPLINE


0800 030 6789

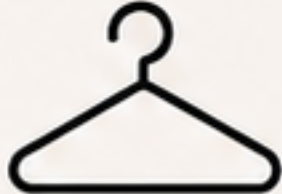
5 ways to reset this weekend

- 

1 Spend an hour browsing a bookshop
No pressure, no purpose – just curiosity.
- 

2 Be near water
Head to the seaside, walk along a river, sit by a lake or go for a swim.
- 

3 Do some gardening or tend to houseplants
Getting your hands in soil can be surprisingly grounding.
- 

4 Take a daytrip
Change your environment and explore somewhere new.
- 

5 De-clutter your space
Have that wardrobe clear-out you've been meaning to do for weeks.

Time away from work isn't just about resting – it's about shifting your mindset. ❤️



CONFIDENTIAL HELPLINE
0800 030 6789

5 grounding techniques for anxious moments

1



Engage your senses

Name 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, 1 thing you taste.

2



Box breathing

Breathe in for a count of 4, hold for 4, out for 4, hold for 4.

3



Move your body

Stretch, jump, shake, walk or dance – it helps release built-up stress chemicals.

4



Hold something cold

An ice cube, cold water or a chilled drink can help interrupt overwhelm.

5



Step away from screens for a few minutes

Reduce noise, notifications and stimulation.



Anxiety can make everything feel urgent. Grounding techniques help bring you back to the present moment and calm your nervous system.



CONFIDENTIAL HELPLINE

0800 030 6789