

YOUR WELLBEING CHECK-IN

WHAT SORTS OF THINGS POSITIVELY INFLUENCE MY WELLBEING?

WHAT SORTS OF THINGS NEGATIVELY INFLUENCE MY WELLBEING?

SPHERES OF INFLUENCE -STEPHEN COVEY



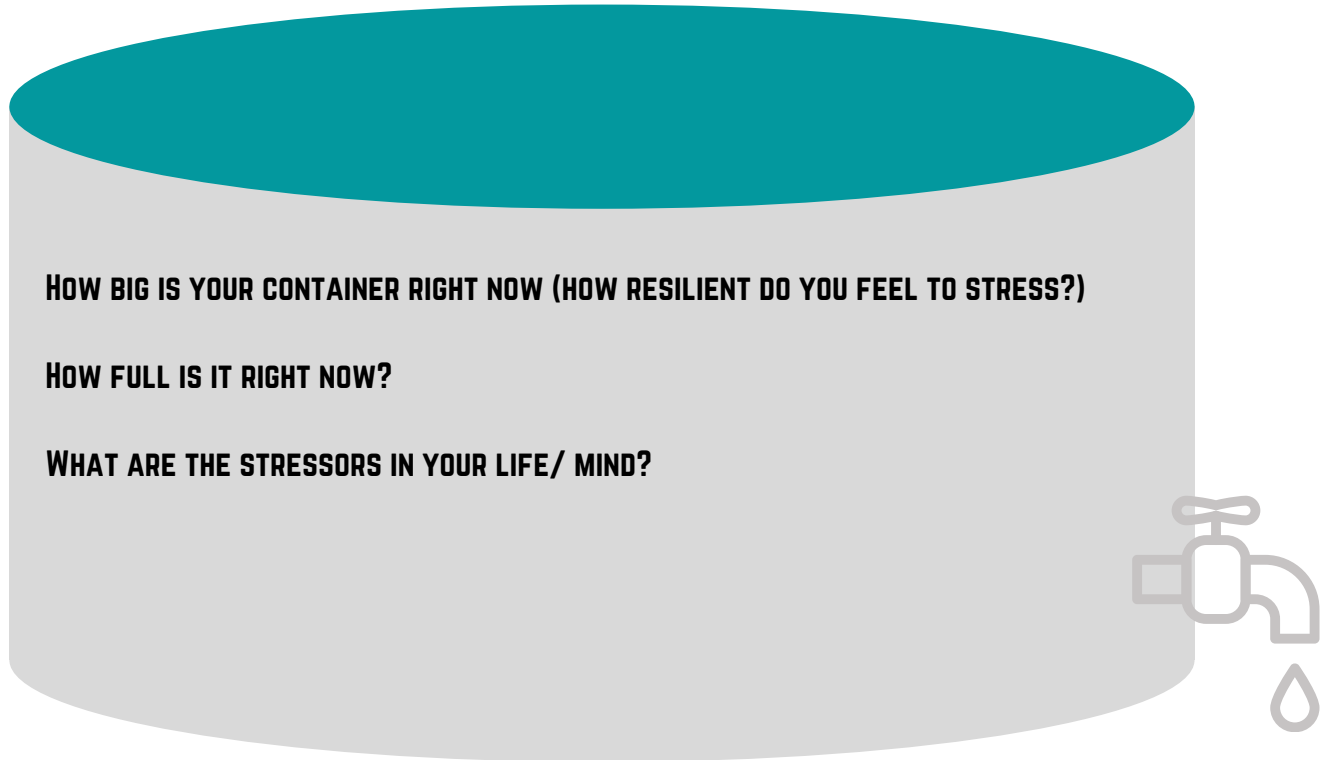
IF WE FOCUS ALL OUR ENERGY ON THINGS THAT ARE OUTSIDE OF OUR CONTROL, HOW DOES THAT FEEL?

WHAT ARE SOME HELPFUL STRATEGIES FOR WHEN WE HAVE NO CONTROL OVER SOMETHING?

WHAT ARE SOME HELPFUL STRATEGIES FOR WHEN WE HAVE CONTROL OVER SOMETHING?

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WHAT'S CAUSING YOUR CONTAINER TO FILL UP WITH STRESS? DEVELOPED FROM AN IDEA BY BRABBAN AND TURKINGTON (2002)



HOW BIG IS YOUR CONTAINER RIGHT NOW (HOW RESILIENT DO YOU FEEL TO STRESS?)

HOW FULL IS IT RIGHT NOW?

WHAT ARE THE STRESSORS IN YOUR LIFE/ MIND?



WHAT STRESSORS/WORRIES CAN YOU DO SOMETHING ABOUT?

WHAT CAN'T YOU CHANGE AND NEED TO ACCEPT?

WHAT NEEDS YOUR URGENT ATTENTION?

CAN ANYONE HELP YOU WITH ANYTHING IN YOUR CONTAINER?

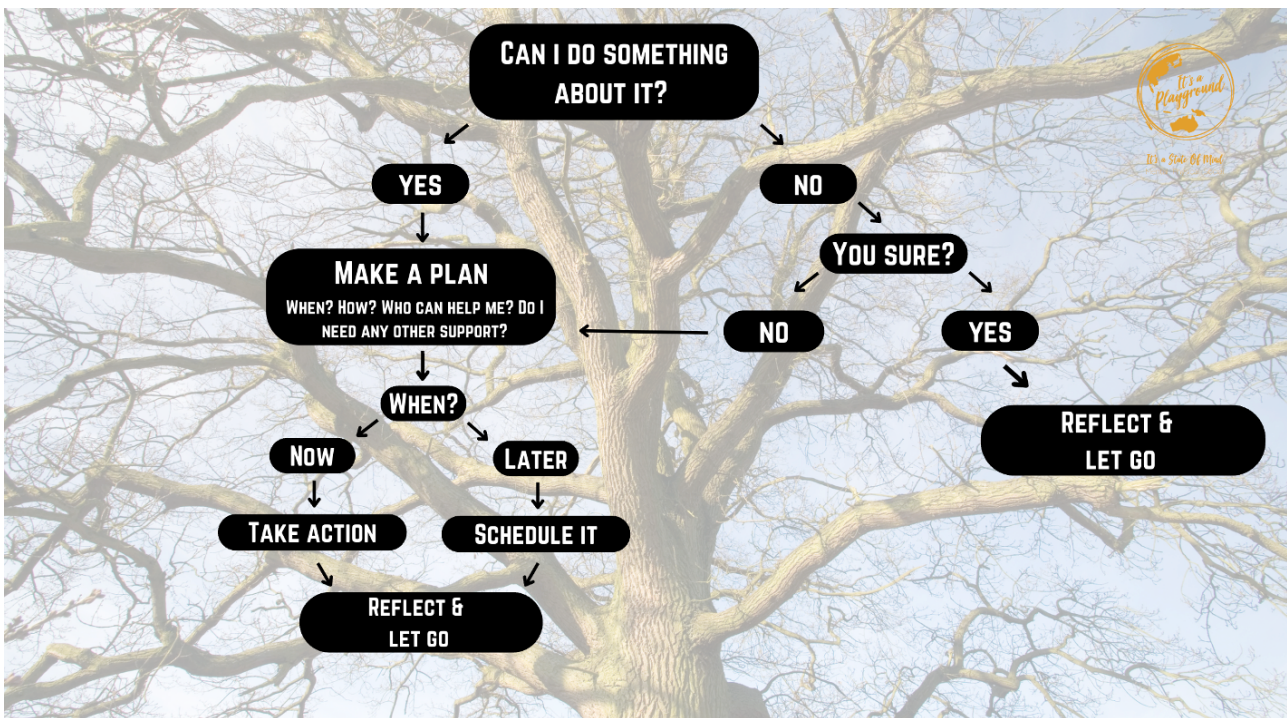
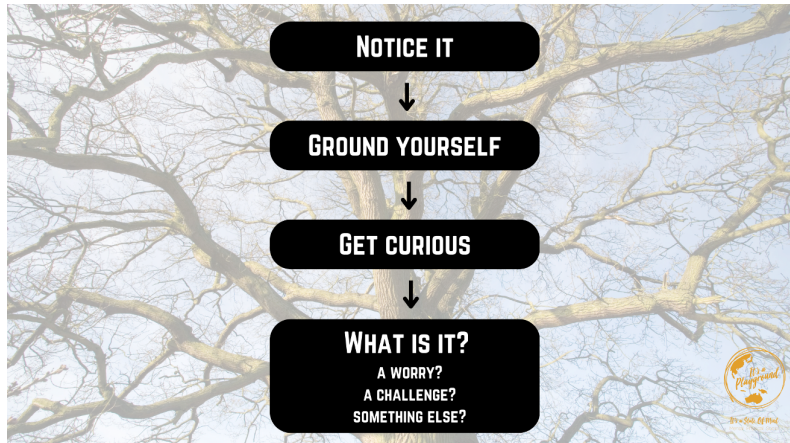
WHAT ARE SOME OF THE UNHELPFUL RESPONSES YOU HAVE TO STRESS?

WHAT ARE SOME OF THE USEFUL WAYS THAT YOU TURN THE TAP/ RELEASE STRESS?

HOW CAN YOU TELL THAT YOUR STRESS CONTAINER IS GETTING TOO FULL/ OVERFLOWING (WHAT'S YOUR STRESS SIGNATURE)?

HOW CAN YOU INCREASE THE SIZE OF YOUR CONTAINER?

YOUR WELLBEING CHECK-IN



CATCH, THEN QUESTION UNHELPFUL NEGATIVE THOUGHTS

SELF-TALK OFTEN FEELS LIKE IT'S A FACT, WHEN IT'S OFTEN SIMPLY A BIASED OPINION OR JUST ONE WAY OF THINKING ABOUT A SITUATION.

OUR THOUGHTS ABOUT A SITUATION CAN CAUSE OR ELONGATE DISTRESS AND CAN HAVE A NEGATIVE IMPACT ON OUR MOOD AND BEHAVIOUR.

IF YOU'RE EXPERIENCING NEGATIVE THOUGHTS, CHANCES ARE YOUR SELF-TALK IS STUCK ON A DOWNWARD SLOPE. THE MORE WE PRACTICE THIS WAY OF THINKING, THE BETTER WE GET AT IT.

LEARNING TO CHALLENGE THIS GROWING HABIT MIGHT TAKE TIME AND PRACTICE, BUT IT'S WORTH THE EFFORT.

THE FIRST STEP IS TO NOTICE THE NEGATIVE THOUGHT AND SIMPLY QUESTION IT.

THE METHOD OF "TURNING DOWN THE HEAT" ON NEGATIVE THINKING CONTAINS TIPS ON HOW TO ANALYSE AND QUESTION THESE THOUGHTS AND START REPLACING THE NEGATIVITY WITH BALANCE AND PERHAPS EVEN OPTIMISM.

PRACTICING THIS CAN HAVE A PROFOUND IMPACT ON OUR RESILIENCE AND WELLBEING.

TURN DOWN THE

HELPFULNESS
Is this thought helpful to me?
Is it going to help me achieve my goals?

EVIDENCE
Am I confusing a fact with an opinion?
What is the evidence for the negative thought?
What is the evidence against the negative thought?

ALTERNATIVE PERSPECTIVES
If a good friend knew I were having this thought, what would they say to me?
If someone I loved had this thought, what would I tell them?
Five years from now, if I look back on this situation, will I look at it any differently?

THINKING BIASES
Am I catastrophising?
Am I thinking in all-or-nothing terms?
Am I focussing solely on the negatives?

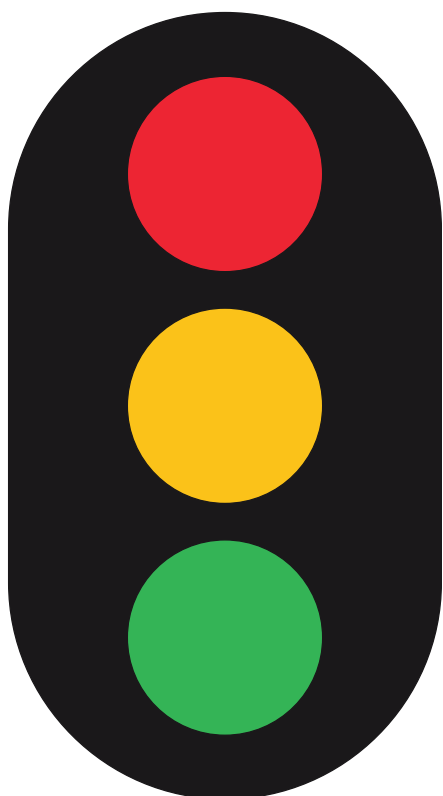
ON NEGATIVE THINKING

YOUR WELLBEING CHECK-IN

MY TOP TAKEAWAYS

MY ACTION PLAN

RED - WHAT WILL I STOP DOING THAT'S NOT HELPFUL,
AMBER - WHAT WILL I KEEP DOING THAT IS HELPFUL,
GREEN - WHAT WILL I START DOING THAT'S HELPFUL



YOUR LAMBETH COUNCIL RESOURCES

STAFF HELPLINE – EMPLOYEE ASSISTANCE PROGRAMME

THE COUNCIL IS RESPONSIBLE FOR THE HEALTH AND WELLBEING OF ITS EMPLOYEES, AND USES THE EMPLOYEE ASSISTANCE PROVIDER HEALTH ASSURED TO GIVE ADVICE ABOUT THE STEPS THAT CAN BE TAKEN TO HELP SUPPORT EMPLOYEES. HEALTH ASSURED PROVIDE A FREE AND CONFIDENTIAL 24/7 TELEPHONE HELPLINE AND ONLINE SUPPORT SERVICE, WHICH OFFERS ADVICE ON A NUMBER OF ISSUES FROM FINANCE, WORK, RELATIONSHIPS AND MORE AS WELL AS ACCESS TO FREE COUNSELLING FOR STAFF. YOU CAN CALL THEM ON 0800 030 5182 TO ACCESS SUPPORT OR ACCESS THE SERVICE BY THE NEW MOBILE APP OR WEBSITE.

OCCUPATIONAL HEALTH

OUR OCCUPATIONAL HEALTH PROVIDER IS MEDIGOLD. IF YOU NEED TO REFER A TEAM MEMBER FOR ASSESSMENT, THE OCCUPATIONAL HEALTH PAGE ON LAMNET HAS INFORMATION ON WHAT THEY CAN EXPECT IF REFERRED.

STAFF FORUMS

THE COUNCIL HAS DEDICATED STAFF FORUMS FOR WOMEN, BLACK AND MULTI ETHNIC, DISABLED AND LGBT+ STAFF AS WELL AS THE YOUNG PERSON'S NETWORK. WE ARE ALSO LOOKING TO SET UP A MEN'S FORUM SO PLEASE KEEP AN EYE OUT FOR THIS IN THE NEAR FUTURE. VISIT OUR LAMBETH UNITED INTRANET PAGE TO FIND OUT MORE ABOUT THESE FORUMS.

MENTAL HEALTH CHAMPIONS

WE ALSO HAVE MENTAL HEALTH CHAMPIONS WHOSE ROLE IT IS TO PROMOTE WELLBEING AND ADDRESS STIGMA IN THE WORKPLACE. YOU CAN APPROACH A MENTAL HEALTH CHAMPION, IF YOU PREFER, AND THEY ARE THERE TO LEND A LISTENING EAR, OR SIGNPOST YOU TO PROFESSIONAL SUPPORT. YOU CAN ALSO ACCESS VAST AMOUNT OF RESOURCES ON THEIR SHAREPOINT SITE.

MENTAL HEALTH FIRST AIDERS

MENTAL HEALTH FIRST AIDERS RECEIVE TRAINING TO ENABLE THEM TO ADDRESS AND UNDERSTAND MENTAL ILLNESS, INCLUDING DEPRESSION, ANXIETY AND PSYCHOSIS AND TO DEAL WITH EMERGENCY SITUATIONS IN THE WORKPLACE RELATING TO THESE. IF ANY MEMBER OF YOUR TEAM IS EXPERIENCING ANY OF THESE CHALLENGES PLEASE CONTACT CORPORATE HEALTH AND SAFETY WHO CAN SIGNPOST YOU AND THEM TO A MH FIRST AIDER.



ADDITIONAL RESOURCES



FIVE WAYS TO WELLBEING - MIND

[HTTPS://WWW.MIND.ORG.UK/WORKPLACE/MENTAL-HEALTH-AT-WORK/FIVE-WAYS-TO-WELLBEING/](https://www.mind.org.uk/workplace/mental-health-at-work/five-ways-to-wellbeing/)

DOWNLOADABLE POSTERS AND MORE WAYS TO GET INVOLVED IN STRESS AWARENESS MONTH 2024

[HTTPS://WWW.STRESS.ORG.UK/NATIONAL-STRESS-AWARENESS-MONTH/](https://www.stress.org.uk/national-stress-awareness-month/)

MORE FREE RESOURCES AND TOOLKITS FROM THE STRESS MANAGEMENT SOCIETY

[HTTPS://WWW.STRESS.ORG.UK/FREE-RESOURCES/](https://www.stress.org.uk/free-resources/)

HOW TO MAKE STRESS YOUR FRIEND - KELLY MCGONIGAL - TED TALK

[HTTPS://WWW.TED.COM/TALKS/KELLY_MCGONIGAL_HOW_TO_MAKE_STRESS_YOUR_FRIEND/NO-COMMENTS](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend/no-comments)

10 STRESS BUSTING ACTIONS FROM THE NHS

[HTTPS://WWW.NHS.UK/MENTAL-HEALTH/SELF-HELP/GUIDES-TOOLS-AND-ACTIVITIES/TIPS-TO-REDUCE-STRESS/](https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/)

TOP TIPS TO MANAGING STRESS VIDEO - EVERYMIND MATTERS

[HTTPS://WWW.NHS.UK/EVERY-MIND-MATTERS/MENTAL-HEALTH-ISSUES/STRESS/](https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/)

ADDRESS YOUR STRESS RESOURCES FROM MHFA(ENGLAND)

[HTTPS://MHFAENGLAND.ORG/MHFA-CENTRE/RESOURCES/ADDRESS-YOUR-STRESS/?RESOURCE_TYPE_ID=48B51C37-3CA5-E811-8147-E0071B668081](https://mhfaengland.org/mhfa-centre/resources/address-your-stress/?resource_type_id=48b51c37-3ca5-e811-8147-e0071b668081)

MINDFUL BREATHING EXERCISE VIDEO - EVERYMIND MATTERS

[HTTPS://WWW.YOUTUBE.COM/WATCH?APP=DESKTOP&V=WFDTP2GOGAQ](https://www.youtube.com/watch?app=desktop&v=WFDTP2GOGAQ)

RELAXATION TECHNIQUE FROM NOPANIC CHARITY

[HTTPS://NOPANIC.ORG.UK/RELAXATION-TECHNIQUE](https://nopanic.org.uk/relaxation-technique)

UNHELPFUL THINKING STYLES - CCI WA

[HTTPS://WWW.CCI.HEALTH.WA.GOV.AU/-/MEDIA/CCI/MENTAL-HEALTH-PROFESSIONALS/DEPRESSION/DEPRESSION---INFORMATION-SHEETS/DEPRESSION-INFORMATION-SHEET---11--UNHELPFUL-THINKING-STYLES.PDF](https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Depression/Depression---Information-Sheets/Depression-Information-Sheet---11--Unhelpful-Thinking-Styles.pdf)

SELF-COMPASSION RESOURCES - DR KRISTIN NEFF

[HTTPS://SELF-COMPASSION.ORG/CATEGORY/EXERCISES/#](https://self-compassion.org/category/exercises/#)

SPECIFIC RESOURCES FOR STRESS AT WORK

HSE STRESS MANAGEMENT STANDARDS

[HTTPS://WWW.HSE.GOV.UK/STRESS/STANDARDS/](https://www.hse.gov.uk/stress/standards/)

MENTAL HEALTH AT WORK - COLLECTION OF STRESS AT WORK RESOURCES

[HTTPS://WWW.MENTALHEALTHATWORK.ORG.UK/?S=STRESS](https://www.mentalhealthatwork.org.uk/?s=stress)



ADDITIONAL RESOURCES

ANXIETY UK

ANXIETY UK IS A CHARITY PROVIDING SUPPORT IF YOU HAVE BEEN DIAGNOSED WITH AN ANXIETY CONDITION.
PHONE: 03444 775 774 (MONDAY TO FRIDAY, 9.30AM TO 5.30PM)
WEBSITE: WWW.ANXIETYUK.ORG.UK

CALM

CALM IS THE CAMPAIGN AGAINST LIVING MISERABLY. A CHARITY PROVIDING A MENTAL HEALTH HELPLINE AND WEBCHAT.
PHONE: 0800 58 58 58 (DAILY, 5PM TO MIDNIGHT)
WEBSITE: WWW.THECALMZONE.NET

MIND

MIND CHARITY PROMOTES THE VIEWS AND NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS.
PHONE: 0300 123 3393 (MONDAY TO FRIDAY, 9AM TO 6PM)
WEBSITE: WWW.MIND.ORG.UK

PAPYRUS

YOUNG SUICIDE PREVENTION SOCIETY.
PHONE: HOPELINEUK 0800 068 4141 (9AM TO MIDNIGHT, EVERY DAY OF THE YEAR)
WEBSITE: WWW.PAPYRUS-UK.ORG

SAMARITANS

CONFIDENTIAL SUPPORT FOR PEOPLE EXPERIENCING FEELINGS OF DISTRESS OR DESPAIR.
PHONE: 116 123 (FREE 24-HOUR HELPLINE)
WEBSITE: WWW.SAMARITANS.ORG

DRINKLINE

A FREE CONFIDENTIAL HELPLINE FOR PEOPLE WORRIED ABOUT THEIR OWN OR SOMEONE ELSE'S DRINKING.
PHONE: 0300 123 1110 (WEEKDAYS 9AM TO 8PM, WEEKENDS 11AM TO 4PM)

SHOUT

SHOUT IS THE UK'S FIRST 24/7 TEXT SERVICE, FREE ON ALL MAJOR MOBILE NETWORKS, FOR ANYONE IN CRISIS ANYTIME, ANYWHERE.
IT'S A PLACE TO GO IF YOU'RE STRUGGLING TO COPE AND YOU NEED IMMEDIATE HELP.
EXT: 85258
WEBSITE: [HTTPS://WWW.GIVEUSASHOUT.ORG/](https://WWW.GIVEUSASHOUT.ORG/)

STEP CHANGE - DEBT CHARITY

FREE EXPERT DEBT ADVICE
PHONE: 0800 138 1111 (MONDAY TO FRIDAY 8AM TO 8PM AND SATURDAY 9AM TO 2PM)
WEBSITE: [HTTPS://WWW.DEBTSUPPORTTRUST.ORG.UK/](https://WWW.DEBTSUPPORTTRUST.ORG.UK/)



It's a State Of Mind
Mental . Physical . Social

**IN THE PLAYGROUND, WE'RE TAUGHT TO EXPLORE,
ADVENTURE, EXPERIMENT AND LEARN.**

**WE'RE ENCOURAGED TO BE ACTIVE, CONNECT AND
SHARE.**

**LIVE YOUR BEST LIFE...
CREATE YOUR OWN PLAYGROUND**

**WE'RE PASSIONATE ABOUT ENSURING YOU HAVE THE RIGHT TOOLS AND KNOWLEDGE TO LOOK
AFTER YOUR PHYSICAL, SOCIAL & MENTAL HEALTH AND WELLBEING, SO THAT YOU CAN MAINTAIN
AN "IT'S A PLAYGROUND" STATE OF MIND.**

INFO@ITSAPLAYGROUND.ORG
WWW.ITSAPLAYGROUND.ORG