

TAKE A LOOK AT SOME OF THE RESOURCES WE'VE CREATED



Resources can be fully
branded to your organisation

Self Care Bingo

by  **INDIVIOR**
Focus on you.

Taking care of your mental health and wellbeing is important so we thought we'd help you out with this Bingo game. Can you get a full house this week?

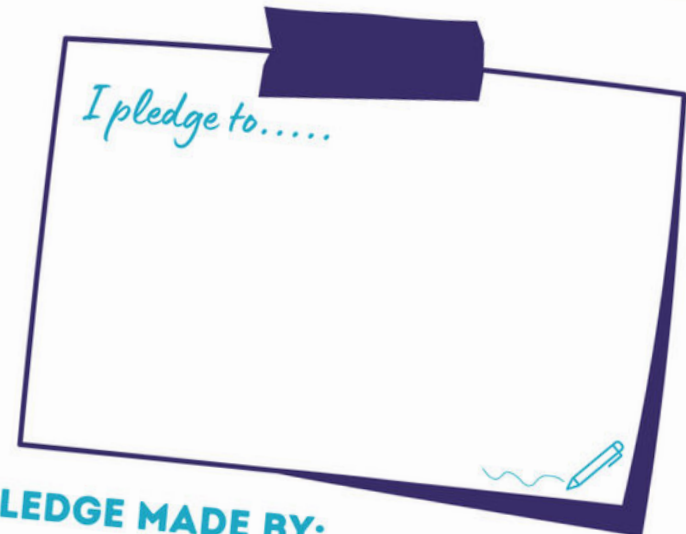
Take a full lunch break to switch off	Meditate or try some yoga	Take an extra long bath or shower
Get outside and enjoy nature!	Relax with a good book or magazine	Write down 5 things you're grateful for
Dance or Sing like no-body is watching!	Have an early night or have a day time nap	Go for a walk or do some exercise

 Use a white board marker and wipe me clean each week!

My Wellbeing Pledge

Use the space below to make a pledge explaining how you can prioritise your wellbeing and mental health. Write your personal pledge below and display this next to your desk as a reminder.

I pledge to.....



PLEDGE MADE BY:

Name:

Signed:

Date:

 **INDIVIOR**
Focus on you.

Some great onboarding gifts to support your new starters.



It's New Starter time at
Sanctus.

**A WARM
WELCOME TO
THE TEAM!**

CIVICA

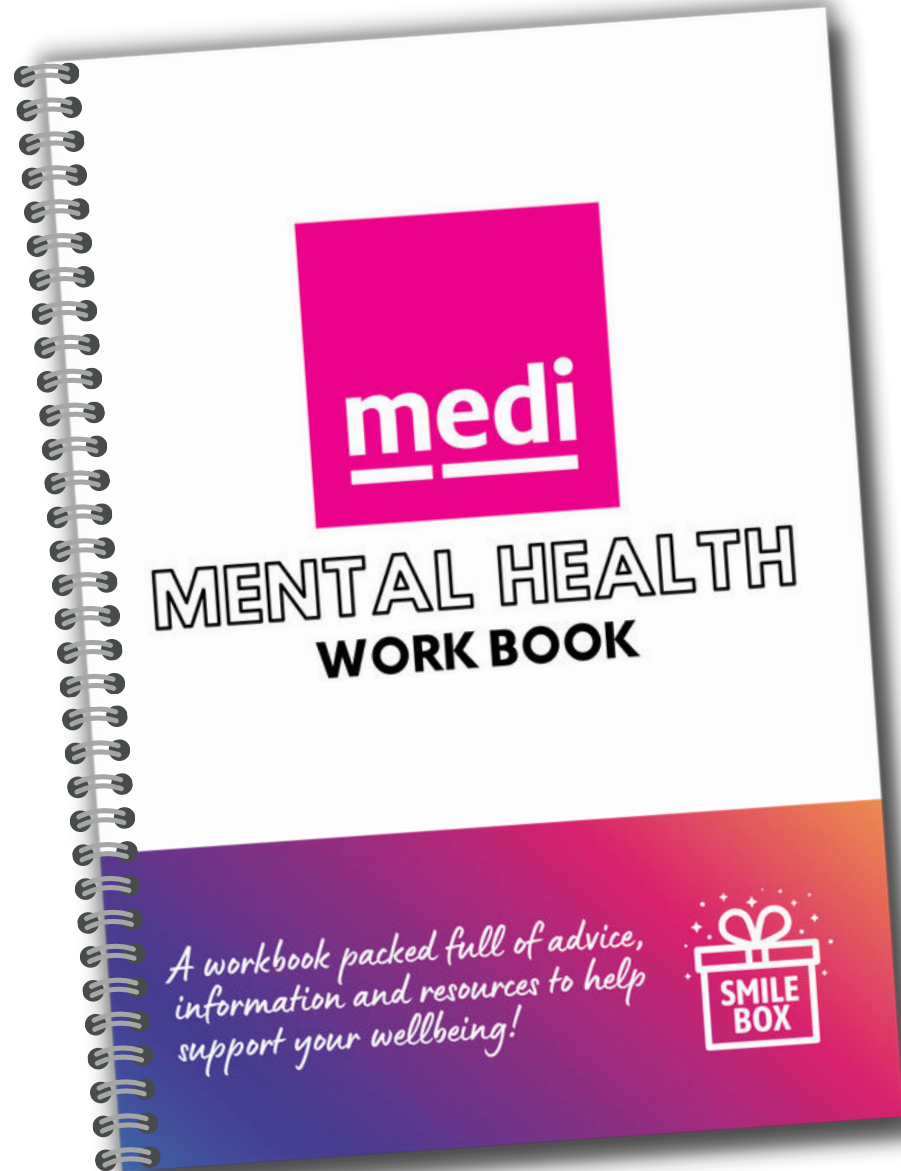
New Starter Bingo

We're so excited you've joined CIVICA and to celebrate, we've put this together for you. It's just a bit of fun, and your challenge is to try and get a full house in your first week!

Go for coffee with a new colleague	Meditate or do some yoga	Have your first CIVICA zoom call!
Get outside and enjoy nature!	Enjoy using some new stationery	Get someones name wrong (don't worry, we've all done it!)
Learn an interesting fact about a colleague	Have an early night and rest! Zzzzz	Go for a lunchtime walk

We hope your Bingo helped you settle in and feel welcome during your first week!

Mental Health Workbooks which can be fully branded to your organisation



*Practical tips, tools and resources
to support mental health*

THE SMILE SANCTUARY

Generate more smiles and laughter starting today by using the ideas below. How many can you tick off this month?

- ☐ Go for a walk and discover nature
- ☐ Fix something or immerse yourself in a DIY project
- ☐ Try an online yoga or meditation session
- ☐ Hit the gym or try some weights at home!
- ☐ Get creative - write a poem, draw or paint
- ☐ Play a board game or cards
- ☐ Try a new hobby
- ☐ Have a Digital Detox Day
- ☐ Listen to a podcast
- ☐ Write down all your strengths - aim for 10!
- ☐ Treat yourself to a professional trim or shave
- ☐ Dance around the house to an upbeat so
- ☐ Practice a guided meditation
- ☐ Video call a friend or family member
- ☐ Go on a Hike or Trek with a friend to catch up
- ☐ Relax with a magazine or book
- ☐ Cook a new healthy meal
- ☐ Send a surprise package to someone you care about
- ☐ Have an afternoon nap or early night
- ☐ Watch some comedy or funny video clips

TIME FOR A CHEMISTRY LESSON!

Stress and Anxiety can build up at times and making time to create joyful moments daily is a great way to pack more smiles into your life. We all know that doing things we enjoy can help us produce more of the hormones that boost our mood but do you know what each hormone does? Here is a quick Chemistry Lesson, so you'll know how to get those 'feel-good' hormones firing on all cylinders.

Dopamine is the Reward Chemical and associated with feelings of relaxation, motivation and euphoria.

Triggered when: You eat nice food, enjoy self-care activities, celebrate little wins or cross something off your to do list!

Serotonin is the Mood Stabilising Hormone and contributes to feelings of wellbeing, confidence and is linked to digestion and sleep cycle.

Triggered when: You do exercise (especially cardio!), spend time in the sunshine, take time out to meditate or have a massage.

Oxytocin is our Love Hormone and associated with feelings of closeness, trust and bonding.

Triggered when: You hold hands, play with a dog, hold a baby, give a compliment, or hug someone you care about.

Endorphins are our natural pain killers and known to help relieve stress, reduce anxiety and strengthen our immune system.

Triggered when: We listen to music and dance, laugh, exercise, use essential oils, and eat spicy foods and chocolate.

Turn over for some instant mood boosters

Mental Health signposting desk coaster



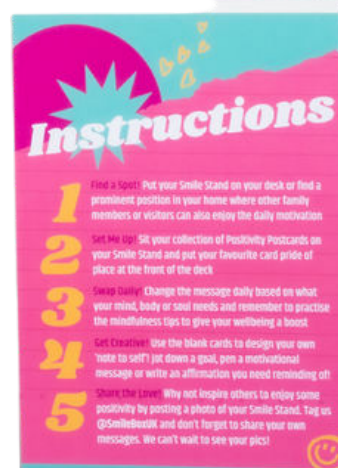
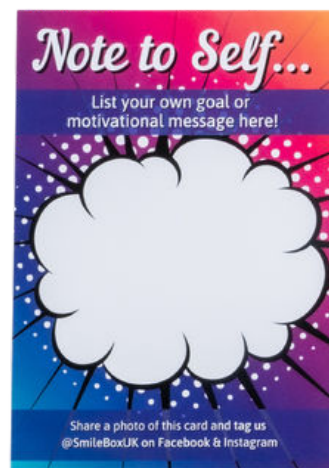
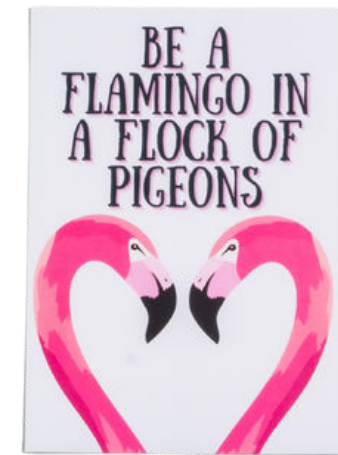


Find out more about
our Smile Stand by
[clicking here!](#)



Choose from our catalogue
of over 30 designs.

Or we can create something
personalised just for you.



Well-Being Word Search

Put your phone down and enjoy some tech free time with this word search. What inspiration can you find to help you relax

Words...

Active
Listen
Music
Learn
Meditation
Read
Nature
Self-care
Talk
Organise
Kindness
Yoga
Volunteer
Sleep

A	E	M	U	S	I	C	U	I	L	A	A	O	S
I	E	K	I	N	D	N	E	S	S	U	D	A	S
A	L	N	E	N	N	O	A	I	S	L	E	E	P
G	N	T	E	A	E	N	L	P	E	V	E	N	N
O	E	O	R	T	T	R	U	R	T	I	E	E	O
Y	E	R	D	U	S	A	R	E	A	D	O	I	I
I	S	G	E	R	I	E	D	E	G	A	N	L	T
A	E	A	A	E	L	L	U	T	V	E	E	P	A
E	L	N	I	S	U	T	I	N	A	T	E	V	T
N	F	I	D	A	R	A	K	U	T	T	R	A	I
V	C	S	A	E	E	E	T	L	N	N	N	R	D
E	A	E	V	I	T	C	A	O	A	F	I	P	E
A	R	L	I	Y	N	N	I	V	T	T	S	K	M
T	E	V	T	U	E	I	K	V	T	G	I	N	S



Soul soothers

- Go for a walk and discover nature
- Try an online yoga session
- Get creative - write a poem, draw or paint
- Play a board game or cards
- Have a Digital Detox Day

Wellbeing Word Search

Rigby
Hall
SCHOOL

Switch off and relax with this word search and see what inspiration you can find to help with your mindfulness this month!

G	E	L	E	H	L	B	V	H	Z	A	Y	O	I
K	F	Q	K	M	N	V	L	R	T	I	S	G	H
W	B	P	H	E	N	G	H	E	T	A	L	K	O
R	I	M	I	N	D	F	U	L	N	E	S	S	C
M	E	D	I	T	A	T	E	A	J	E	U	E	K
D	A	A	V	A	Z	M	R	X	O	L	P	X	P
D	E	H	D	L	Y	O	G	A	U	S	P	E	M
T	Q	P	L	H	X	H	Q	T	R	L	O	R	H
H	Y	D	D	E	G	X	E	I	N	E	R	C	B
E	T	W	L	A	R	R	N	O	A	E	T	I	M
R	W	S	A	L	U	O	C	N	L	P	T	S	N
A	A	R	Q	T	S	E	L	F	C	A	R	E	N
P	L	F	A	H	E	Z	B	M	U	S	I	C	L
Y	K	N	K	Y	U	R	F	O	H	A	P	P	Y

Find these
words

EXERCISE
HAPPY
JOURNAL
MEDITATE
MENTALHEALTH
MINDFULNESS

MUSIC
NATURE
READ
RELAXATION
SELFCARE
SLEEP

SUPPORT
TALK
THERAPY
WALK
WATER
YOGA

