



Sarah Burrell Inclusion

Mental Health Awareness Week

## THE ELEPHANT IN THE ROOM

Let's talk about Mental Health



### ACTIVELY LISTEN

Active listening is a skill honed through practice. We have to try to be mindful to put our own beliefs or values to the side. Try to be non-judgemental. Pay attention, pause, paraphrase, and empathise.



### SELF-CARE

Some times we have to reserve our energy for ourselves. We need to preserve our own wellbeing. We cannot expect ourselves to be able to be there for others if we do not take care of ourselves first.



### CONNECT

It can seem like the hardest thing to do but remember to connect with others. Reaching out for support can be challenging - a friend, a family member, and support group or hotline - there is always someone to talk to.



### REFLECT

Taking time out, breathe deeply and reflect - even if it's only for 10 minutes can be so helpful. We are on constant overload - try to slow down and smell the roses. It can be the most important thing you do each day, if you let it.



### RESPECT, VALUE & EMBRACE DIFFERENCE

We are all different. We all respond differently. In difficult times it can be very challenging to think about these differences. If we can talk openly about mental health we enhance our understanding and increase the ability to empathise. If we try to respond and not react. The most important thing we need to remember is to be kind to ourselves and others.



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## **A PRO-ACTIVE APPROACH TO STAFF WELLBEING**

*Respect, Value & Embrace Difference*



### **SELF-AWARENESS & ACTIVE ENGAGEMENT IN PRACTICE**

**Ensuring wellbeing requires  
inclusive behaviours from senior  
leadership:**

1. Be self-aware - Regular internal reflection helps us understand our own window on the world. Knowing our perspective and having an understanding about our own beliefs and practices helps us own them.
2. Respect differences - We can hold different beliefs and practices whilst remaining respectful.
3. Be present. Be observant. Ask open-questions, actively listen, and be proactive in engaging with others.
4. Create a safe-space for people to share - perhaps over a cuppa!

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