

# Supporting your own mental wellbeing at work

**Consider what is affecting your mental wellbeing and try self-care techniques and find practical solutions.**

The 5 Ways to Wellbeing are some simple steps you can take every single day to improve your mental wellbeing. Trying these things could help you feel more positive and able to get the most out of work.

## The Five Ways to Wellbeing are:



### **Connect:**

catch up with a colleague with a hot drink



### **Be active:**

take a walking meeting



### **Take notice:**

plan a different route on your commute



### **Keep Learning:**

research something new



### **Give:**

introduce yourself to a new starter

Tips on the Five Ways to Wellbeing at work can be found here: [Ways to Wellbeing | Mind - Mind](#)

For Nottingham City workplaces, find out more about free resources, support and training through the "Workplace Healthy Minds" programme at:

[www.healthynottingham.co.uk/workplace-healthy-minds/](http://www.healthynottingham.co.uk/workplace-healthy-minds/) or email [workplacewellbeing@nottinghamcity.gov.uk](mailto:workplacewellbeing@nottinghamcity.gov.uk)

For Nottinghamshire County, visit [Nottinghamshire County Council Protecting and Improving your wellbeing webpage](#). [www.nottinghamshire.gov.uk/care/adult-social-care/mental-health-wellbeing](http://www.nottinghamshire.gov.uk/care/adult-social-care/mental-health-wellbeing)

Search for the following organisations for more information about mental wellbeing and mental health at work:

› Every Mind Matters

› 5 Ways to Wellbeing

› ACAS

› GOV.UK Access to Work

› Mind: Mental Health at Work

› HSE: Stress & Mental Health

## **Find out about the support available in your workplace.**

- Your organisation might have an Employee Assistance Programme or Mental Health First Aiders who can help and support you.
- Talk to someone you trust – sharing how you are feeling with a colleague or manager gives them a chance to do something to help make things better.

### Your wellbeing contact

### Mental Health First Aiders

### Employee assistance programme

If you are unsure where to go for support, contact your GP or call NHS 111, if you need immediate urgent help call 999