



Welcome

Who are **'WE?'**

The workshops...

An
introduction
& more

Being
my best

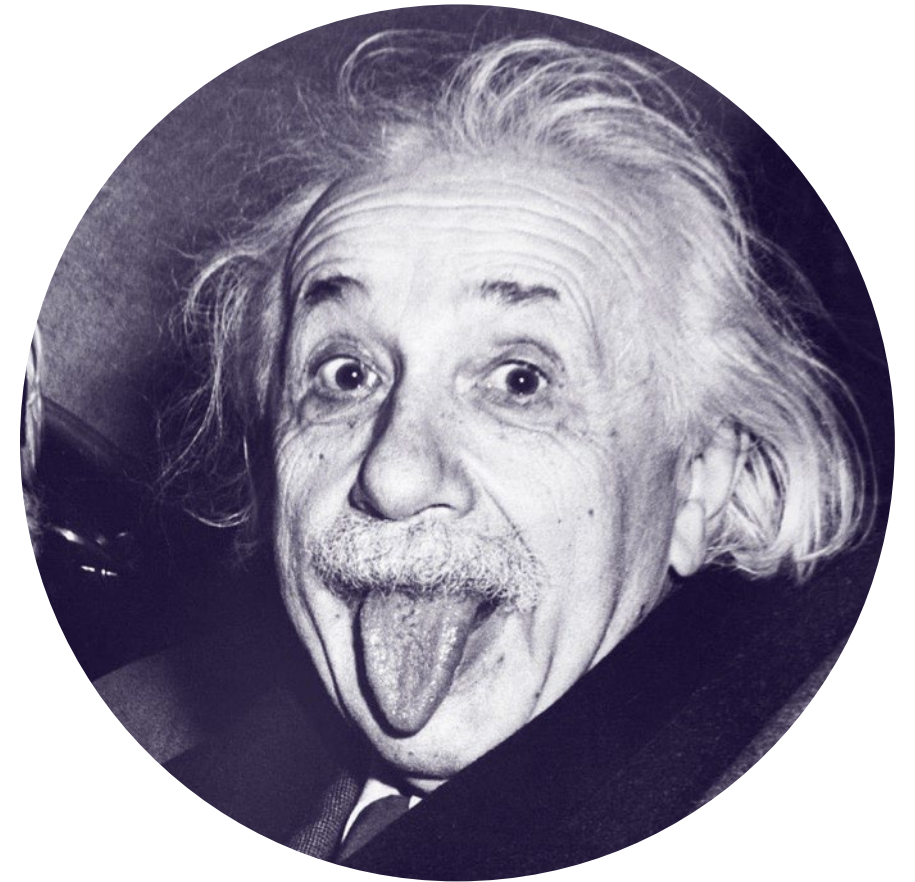
Building great
relationships

Let's talk

Why change?

“The definition of insanity is doing the same thing over and over again expecting different results.”

Albert Einstein







'Being My Best'

A question ...

“On average what % of your working week is spent in a place where you are truly able to be ‘at your best’?”

“What is Emotional Intelligence?”

“Emotional intelligence (EI or EQ) is the level of your ability to understand your own emotions and those of others, what motivates them and how to work co-operatively with them.”

What the world sees •-----

It's an iceberg!

Behaviours •-----

Attitude •-----

Feelings
and emotions •-----

Beliefs and
assumptions •-----

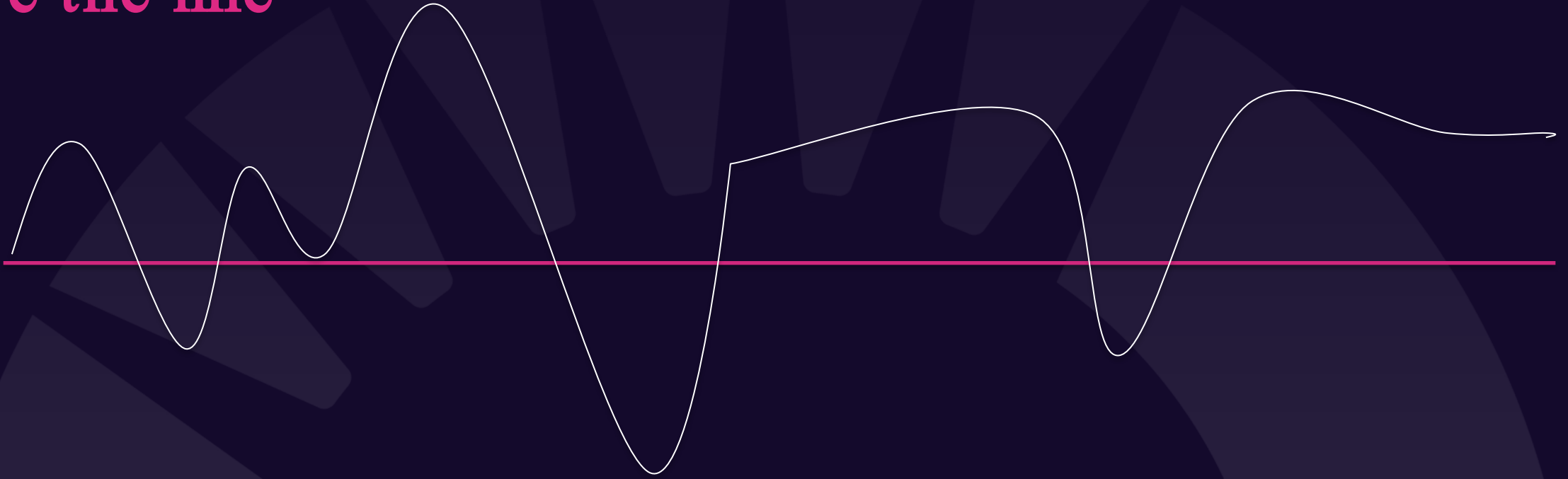
Conditioning •-----



A Day in the Life



Above the line



Below the line

At some point later reflect on...

“A time when you have felt ‘Below the Line’!”

“Do you know who or what caused it?”

“How long did you spend in that place?”

“How did you get back ‘Above the Line’?”



Managing My State...



What the world sees •-----

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Conditioning



An animation for later

“Above & Below the Line!”

..... I’ll happily ‘share’ the link with you after
today’s event!

Mental Health Awareness Week 2024 'Bitesize'

MENTAL
HEALTH
AWARENESS
WEEK



2024's Mental Health Awareness Week theme was ...

Movement: Moving more for our mental health!

*“Physical health & mental health go **hand in hand**”*

“What is mental health?”



Everyone has mental health, just like everyone has physical health

Not everyone will experience ill mental health

However, everyone will have periods of time when they struggle with their mental well-being, just as we all have physical health issues from time to time.

Mental illness is nothing to be ashamed of.....

.....it's ok not to be ok!”

What are mental health problems?



“What are mental health problems?”

“Mental Health problems are difficult experiences that make it harder for us to get on with our lives. They include the painful thoughts & feelings that we all have from time to time - including periods of sadness, hopelessness & fear”.





EXCELLING

THRIVING

SURVIVING

STRUGGLING

IN CRISIS



Just some of the diagnosable mental health illnesses...

Anxiety

Depression

OCD

Bi-polar

PTSD

Schizophrenia



..& anything which negatively affects an individual's mood, feelings, thoughts & behaviour!

Depression in the workplace - Recognising the signs!

Decreased productivity

Morale problems

Lack of co-operation or compliance

Safety problems

Absenteeism or Presenteeism

Frequent complaints of feeling tired all the time

Complaints of unexplained aches & pains

Alcohol &/or other drug misuse or abuse

“What is the extent of ill mental health?”

1 in 4 will experience some form of mental health issue in any year!

At any one time 1 in 6 working age adults will have symptoms associated with mental ill health (sleep problems & fatigue) which do not meet the criteria for diagnosis!

Worldwide 676 million people are affected by mental health issues!

No other health condition matches mental illness in the combined extent of prevalence, persistence & breadth of impact!

Suicide is by far the single biggest killer of men under 45 in the UK!

“How does that make you feel?”

“What it’s REALLY like out there?”

 mind

Surveys...**Research**...Reports...**Case Studies**



Our MHFA Community!

Numbers are now at a ratio of 1:10!

“We are located far & wide?”

“What do we look like?”

“How can you contact us?”

“What can YOU do within your ‘sphere of influence’!”



Conversations!

Never underestimate the power of 'actively' listening!

Best done 'face to face'!

Remember 'Logical Levels'
& building rapport!

Giving time is a great 'gift'
to give...&receive!



Support Available! 24/7 365 Days a year!

Octavius Mental Health First Aiders

Employee Assistance Programme The Lighthouse Charity



Questions?



Take care! Stay safe! Look out for each other...

Thank YOU!