



# Your Wellbeing Pack

*Helping you take time  
for wellbeing*

November 2020

“

Our brains are powerful, they can control how we act, how we feel and how we share those thoughts and feelings with others.

But sometimes our brains can lead us astray and we need to take back the power and retrain our thought process for better mental health.

”



## Activity 1 Growth mindset



6 minutes

### Activity 1 | Learn what growth mindset is

Find out what growth mindset is and learn 11 simple strategies will help support you in the development of yours.

***Shore colleagues:***

***[Watch this video](#)*** - you'll need to log in to '[The Cove](#)' or register an account to watch this video.

***Fleet colleagues:***

***[Watch the video here.](#)***



## Activity 2 Influence and control



30 minutes

### Activity 2 | Focus on what you can control

The circle of control and influence helps us to take responsibility for our concerns and how we can be more proactive, productive and happier.

It can also be a useful tool to help us, either during times of uncertainty to consider what we can and can't control or influence or when a situation or incident arises so we can think about how to respond. [Access the activity here.](#)



## Activity 3 Mindset and success



90 minutes

### Activity 3 | Find the key to success

Do you believe that people's values can change, or are they set in stone? Can you gain talent and intelligence through practice, or are they innate?

Join [Tom Bilyeu's podcast](#), a US entrepreneur who co-founded a billion-dollar nutrition company, to learn the importance of being a learner and how openness to criticism is, in fact, a superpower.

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Being present and conscious of what is happening around us can help us feel more positive and grateful in life.

Sometimes to do this we need to take a break, slow down and calm our minds.

”



## Activity 4 Reflection



15 minutes

### Activity 4 | Reflect and think

What made  
you smile  
today?

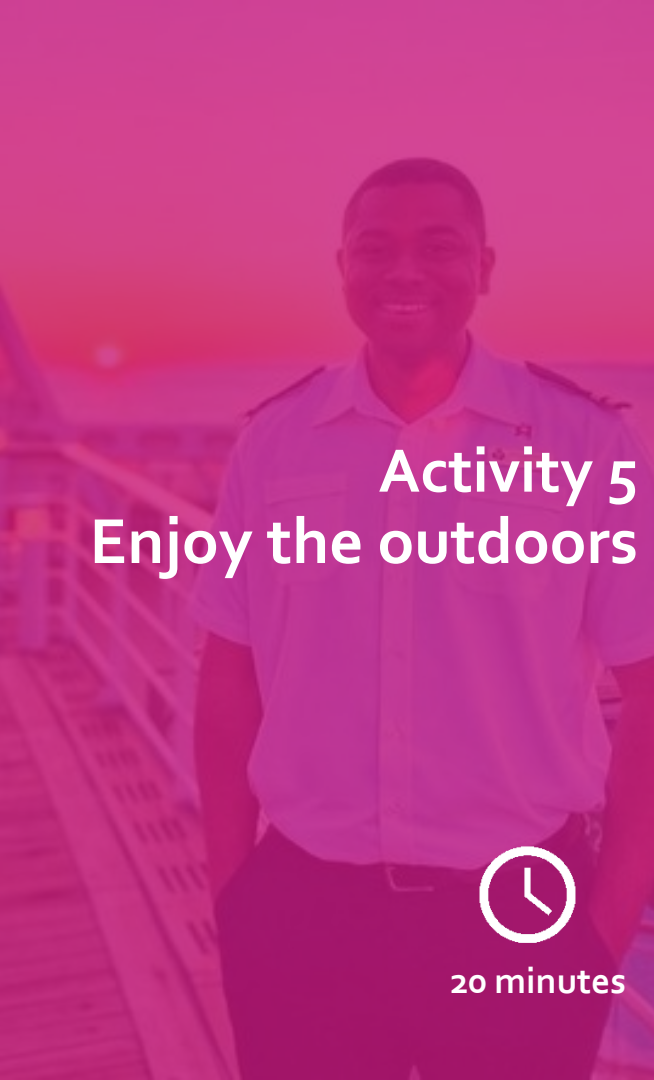
What are  
you grateful  
for?

What are  
you looking  
forward to?

What made  
you proud?

One thing  
you're good  
at.

One thing  
you'd like to  
improve



## Activity 5 Enjoy the outdoors

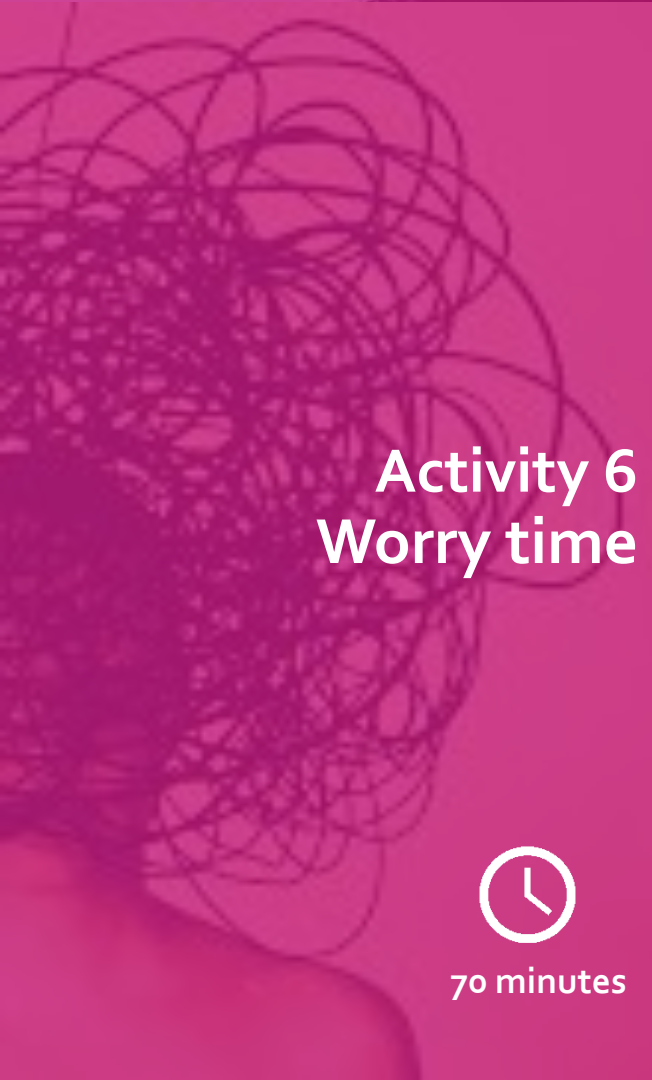


20 minutes

### Activity 5 | Take a walk

In the winter months our intake of natural sunlight is reduced due to shorter daylight hours. It's therefore so important to take the time to expose ourselves to natural light and nature.

Plan to spend at least 20 minutes outdoors during day light hours to boost your mood and vitamin D intake. Take a walk around deck, to your local park or if you're finding it hard to commit build your walk into an errand you need to make.



## Activity 6 Worry time



70 minutes

### Activity 6 | Challenge your thoughts

Sometimes when we are worried about things anxious thoughts can consume our minds and distract us from being our best selves.

Set aside 10 minutes a day to write down everything you are worried about, and if helpful, discuss your worries with a friend.

If you start to worry outside of your worry time, tell yourself to let go of those thoughts for now. At the end of the week, take a few minutes to review what you wrote down.

“

Making time for the things we often tell ourselves we don't have time for are the things that can give us the biggest boost.

When it comes to wellbeing there is no one more important than you.

”



## Activity 7 Read a good book



10 minutes

### Activity 7 | Explore another world

Reading regularly is proven to reduce stress, increase the feeling of connection, increase intelligence and improve sleep quality.

It takes the average person 2 minutes to read a page of a book.

Try building in reading to your day by reading as many pages as you can in 10 minutes.



## Activity 8 Connect with others



30 minutes

## Activity 8 | Catch up with colleagues

Sometimes when we're stressed or caught up in the busyness of day to day life we isolate ourselves.

Connect with colleagues and friends you might not have heard from for a while.

Find out how they are getting on, what's new with them, and share what you've been up to.



## Activity 9 Events this month



60 minutes

### Activity 9 | Participate and learn

This month we are encouraging everyone to spend at least one hour a week focusing on their mental and physical wellbeing.

Take the time to plan and record how you're going to take time to look after your wellbeing, use our handy wellbeing diary on page 14.

We'll also be hosting a number of events to help inspire you so keep an eye on [The Insider](#) for more details..

# Your Wellbeing Diary

Write down how you're proactively looking after your wellbeing this month.

Mon	Tue	Wed	Thur	Fri	Sat	Sun	
2 Nov	3 Nov	4 Nov	5 Nov	6 Nov	7 Nov	8 Nov	
9 Nov	10 Nov	11 Nov	12 Nov	13 Nov	14 Nov	15 Nov	
16 Nov	17 Nov	18 Nov	19 Nov	20 Nov	21 Nov	22 Nov	
23 Nov	24 Nov	25 Nov	26 Nov	27 Nov	28 Nov	29 Nov	
30 Nov				<b>Examples</b> <i>Example – I took a 20 minute walk today and enjoyed time outdoors.</i> <i>I feel okay</i>		<i>Example – Today I enjoyed a coffee with a colleague on zoom.</i> <i>I feel happy</i>	<i>Example – I didn't make anytime for myself today</i> <i>I feel stressed</i>

# Support for you

If you would like to speak to someone about how you are feeling there is lots of support available for you.

1. Speak to your line manager, or medical team if onboard
2. Talk confidentially to one of your [Mental Health Champions](#)
3. Contact the [Occupational Health team](#)
4. Visit the Insider [‘support for you’](#) pages
5. Contact your free [employee assistance programme \(EAP\) provider](#)