

# World Mental Health Day activities for the virtual workplace



10th October 2021

## What is World Mental Health Day?

World Mental Health Day is an opportunity for all of us to raise awareness of mental health issues and reduce the social stigma it can have.

The day provides an opportunity for you and your organisation to add to the wider conversation that will be occurring on social media, television and elsewhere. Highlight the fantastic work you're already doing to address mental health stigma in the workplace, and introduce new and targeted activities anchored to the event.



## Online activities for World Mental Health Day 2021

World Mental Health Day this year is on Sunday so plan some activities on both Friday 8th and Monday 11th October.

As the coronavirus pandemic continues, World Mental Health Day 2021 is more important than ever. Many of us are working from home and not physically together therefore this is a great opportunity to reconnect online and raise mental health awareness with colleagues and friends.

Below are some ideas for online activities around mental health awareness.

### Start the day with a Wellbeing Breakfast



Start the morning Friday 8th October and celebrate World Mental Health Day 2021 hold a healthy wellbeing breakfast. Arrange a zoom meeting with a group of colleagues and agree to bring your favourite breakfast.

To encourage people to get talking about mental health get each person in the group to have answers for the following questions.

- What do you like about working from home?
- What did you miss about the office?
- What is your favourite inspirational quote?
- What are you going to do today for 30 minutes of self-care?

Starting a conversation can be a powerful way to challenge mental health stigma and get people to think about their perceptions. For all of us, our mental health is just as important as our physical health. Talking helps us all recognise this and can dispel misconceptions about mental health problems and the people who experience them.

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## Secret Wellbeing Giving

This idea is the same as Secret Santa apart from the gifts you give are to enhance the recipient's wellbeing. The basic concept of the Secret Wellbeing Santa game is simple. All of the participants' names are placed into a hat, box, etc. and mixed up. The organiser will then choose the names from the box for each person other and email them the name. Everyone must keep the names secret.



Then you could either:

- Buy wellbeing gifts (within a set budget, usually about £5) and post them to your colleague.
- All decide to purchase digital wellbeing gift
- All agree to do an act of kindness and post it in a card.

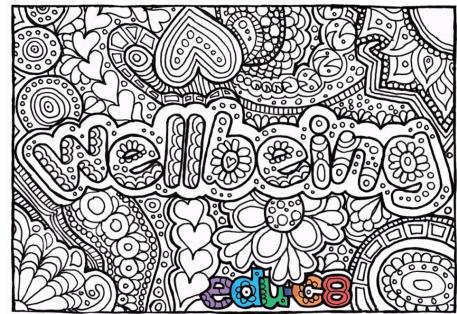
Set up a zoom meeting on the Friday or Monday near World Mental Health Day for you all open you 'gifts' together.

## Lunchtime Craftercise

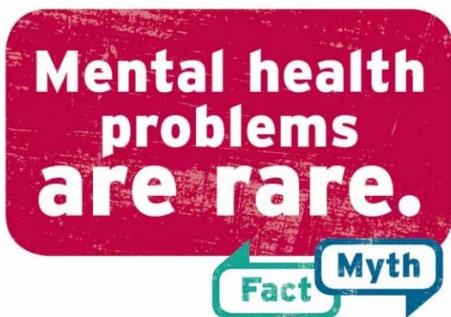
'Craftercise' is designed to help your team to bond. Participating in a creative activity that is not directly related to work helps to design a space where people can relate on a new level. Doing an activity together allows people to get to know one another, bond, chat and builds trust.

Get the Sharpies Felt tip pens posted out and something to colour-in and hold a relaxing 'Craftercise' lunchtime session via zoom. Building trust amongst colleagues is important in enabling mental health related conversations.

Download our colouring sheets attached



## Mental health quiz.



We have all held zoom quizzes over that last few months!

To raise awareness and start conversations in the office about mental health have a Mental Health quiz. Choose a lunchtime of maybe near the end of the day.

Find out how much your colleagues know about mental health and challenge misconceptions and learn the real facts about mental health.

Download quiz questions and Facts and Myths from the Time to Talk website attached.

**Having Mental Health First Aiders in the workplace is a great opportunity to raise awareness and get people talking about mental health.**

**To find out more about our Online MHFA training.**

<https://edu-c8.co.uk/online-training/onlinemhfa/>