

Take a #wholehour challenge

World Mental Health Day - 10th October

findgetgive.com/iamwhole

#IAMWHOLE is a national campaign to support young people to talk openly about mental health. Developed by the YMCA and the NHS it has reached over 100 million young people.

This year we're asking you to take the #WHOLEHOUR challenge! Find a time (could be an hour, could be less) in the day ideally between 12 - 1pm to do something to **promote wellbeing** and to make your clients and staff **feel good**.



Get thinking; what can you do?

Could you involve your managers, trustees, clients and staff team in coming up with some ideas for #wholehour? It could run over lunchtime, you could organise an event, hold a fundraiser. The idea is to create a space and time to do something that promotes emotional wellbeing with and for your team and clients, and hopefully wider; family and friends!

Based around the five ways to wellbeing, here are some ideas that were developed by our Youth Ambassadors at Right Here :

- **Reclaim your lunchbreak;** eat away from your desk, share your lunch with your team (*connect*)
- **Get moving;** have a 'walk and talk' instead of a meeting or walk to work (*be active*)
- **Share skills;** Set up a 'skills board', get your colleagues to sign up and impart your wisdom! This could be powerpoint, social media or crochet! What else can you think of? (*learn*)
- **Help your community;** Donate to a food bank or organise a beach clean (*give*)
- **Take a 'breathe break';** Step outside for 10 minutes and practice some mindfulness using one of the apps suggested (*take notice*)
- **Explore your workplace;** switch desks for an hour (*connect*)
- **Team building;** Set up a 5-a-side team, a zumba class or flashmob (*be active*)
- **Boost each other;** Set up an positivity board in reception or dining area (*give*)
- **Music;** create a collaborative playlist of tunes that make you feel good (*take notice*)

Check out these free Apps, these are just a few - there are loads out there:
Stop, Breathe & Think
Pacifa, Take a Break



Useful Links:

wheretogofor.co.uk
findgetgive.com/iamwhole
mind.org.uk

USE THE HASHTAGS: #IAMWHOLE #WHOLEHOUR
LET US KNOW WHAT YOU'RE DOING VIA SOCIAL MEDIA



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