

# HELLO...

## AND WELCOME TO THE JANUARY HEALTHIER MIND NEWSLETTER.

### This month it's...Blue Monday.

January, the start of a new year, for those of you who have set New Year's resolutions it's time to fulfil these and achieve all that we have set our minds to. Sound too good to be true? Sometimes a cold, rainy January can also leave us feeling quiet blue after the festive celebrations end.

Our Healthier Mind Newsletter focusses on all things mental health and wellbeing. You'll be able to find who your newly trained first aiders are each month, as well as lots of hints, tips and resources to help you and your mental wellbeing. Our Mindful Moment and Toolbox Talk this month gives you info on what conscious breathing is and how to use it when you feel stressed or anxious. Read on to find out more...



# MENTAL HEALTH AWARENESS:

## blue monday

The third Monday of January has been awarded the gloomy title due to a combination of post-Christmas blues, cold dark nights and the arrival of unpaid credit card bills. However, it's not just **Monday 17<sup>th</sup> January** that can leaving you feeling blue, it's not uncommon to feel this most Mondays.

After enjoying your weekend, no doubt returning to work, being faced with a list of dreaded tasks can make it hard to battle that Monday morning gloom. But Mondays should not be our enemy. Try following these tips to achieve that Friday feeling at the start of the week too!



**Make plans** – fun isn't intended just for the weekends, try and spread the joy and plan something fun in the week, or even a Monday night? Think a trip to the cinema, cooking your favourite meal or catch up with a friend over a coffee.



**Don't sleep in** – it can be tempting to press snooze or turn your alarm off at weekends but sticking to the same sleep schedule can help you adjust to the shift back to workdays.



**Eliminate stress in the morning** – plan your outfit and make your packed lunch the night before so you can have a more leisurely morning, you may even want to turn the stereo up and have a sing and dance to generate good vibes.



**Smile** – smile in the shower or flash a grin to the barista. Smiles are contagious and could help you and others feel a lot better.



**Treat Sunday as a you day** – take some time for yourself – whether it's getting pampered, cooking yourself a special meal, or getting a workout in.



**Prioritise sleep** – aim for 7-9 hours sleep on Sunday night. If Monday mornings are already gloomy, imagine what it would be like without a full night sleep and a clear head.



**Get tasks done** – do you have any unpleasant tasks waiting for you this week? Try and get them done as early as possible so you don't spend the day procrastinating or feeling like there is a black cloud hanging over your head. You'll feel a lot better once it's over.



# BREW MONDAY

Samaritans goal is to turn this 'Blue Monday' to 'Brew Monday' a more positive approach to encourage people to make a cup of tea and have a chat with those you care about.

Conversations are so valuable yet so undervalued. They are more important than you think.

## CONVERSATION....

- **Creates connection** – the more you talk to someone, the more you bond. Making new friends is one of life's great rewards.

- **Helps you grow** – exposing yourself to a wide range of ideas and experiences.
- **Gives you a sense of value** – when someone takes the time to listen to you, they demonstrate they appreciate you.
- **Gives you a new perspective** – Each one of us has a different personality and experience. New perspectives help us appreciate different points of view and see the world in a way we couldn't have on our own.



## WHAT IS THE ROLE OF THE MENTAL HEALTH FIRST AIDER?

Please click on the image to the right for full details of the role of a **Mental Health First Aider**.

If you would like to find out more about who is trained in MHFA, head over to the HSE website **HERE** - make sure you're logged into Compass Connect first!



## WHY BECOME A MENTAL HEALTH FIRST AIDER?

Mental Health First Aiders are trained to spot the signs of mental ill health and to provide initial support to colleagues who need assistance, in the same way as physical first-aiders respond to injury or illness.

## WHAT ARE THE BENEFITS?

You will gain an understanding of mental health and the factors that can affect wellbeing.

Practical skills will teach you to spot the triggers and signs of mental health issues.

You will feel more confident to step in, reassure and support a person in distress.

## WHEN ARE THE COURSES?

4 x 3-hour virtual sessions on Tuesday mornings and Thursday afternoons.

Spaces available in February, April, June, September, October, November 2022.

You need to attend all four sessions and allow time to complete the self-learning that is required. Please speak with your manager to ensure you book out these days and times.

## WHAT WILL I LEARN?

The course looks at specific mental health issues and covers how to identify early symptoms and options for professional treatment.

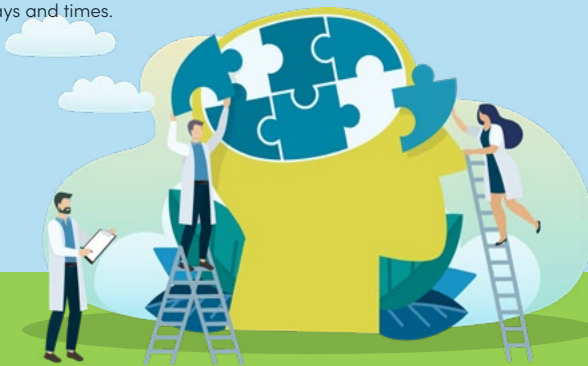
## WHO CAN DO THE TRAINING?

All our ESS colleagues can undertake the training. You will need access to a PC or laptop with Google Chrome for the course. If you do not have this, please speak with your line manager so that arrangements can be made.

## AFTER THE COURSE

Join our community of ESS Mental Health First Aiders. Attend regional and networking meetings for Mental Health First Aiders in your network.

Partake in interactive refresher and update calls with the wider team.



## WHO SHOULD I CONTACT TO SIGN UP OR FOR MORE INFORMATION?

Please take some time to review the role profile of a Mental Health First Aider on the mental health section of the HSE Website.

Please email **Harjeet Moore, Head of People.** *scan here to contact us!*



# JANUARY TOOLBOX TALK – CONSCIOUS BREATHING TO SUPPORT WELLBEING

breathe

Need a way to release tension and feel less stressed which is free and requires no equipment? The answer is literally right under our noses!

Becoming consciously aware of our breathing and actively altering the way you breath can be beneficial to support your wellbeing. The situations we find ourselves in can determine how we breath, we just don't always tune into it as breathing is what we do every second of everyday.

When we are triggered by stress, or a perception of stress e.g. when we watch the news and feel a sense of dread, our bodies automatically jump into a state of fight or flight. Our breath shortens, sharpens and gets caught in our upper chest and our heartbeat starts to race – felt this way before?

**Learning to breathe more deeply can help you feel a lot calmer in these situations. We can do this in 2 simple steps:**

- 1.** Breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out.
- 2.** Count as you breathe. Start by counting 'one, two, three, four' as you breathe in and 'one, two, three, four' as you breathe out. Try to work out what's comfortable for you.



# MONEY AND DEBT WORRIES

16% of the UK fall behind with their finances in January after spending too much over the festive period. So, it's not uncommon for January to fill us with financial concerns.

Believe it or not, most people will experience debt at some point in their lives, whether that be overspending at Christmas, having a mortgage, or taking out a loan to buy a car. Debt is not an unsolvable problem; it may not be easy and may take time but there are always options. The sooner you deal with debt, the easier it will be. That said, for some people, during certain times, finding the strength to deal with financial issues can feel impossible.

If you are struggling with money, you can talk to someone today either online, by phone or face to face. There are specifically trained advisers who can help you manage your financial problems.



## WHO CAN HELP YOU WITH YOUR MONEY WORRIES?

### EMPLOYEE ASSISTANT PROGRAMME:

Provide support and guidance as well as signpost to services and charities in your area.

### MENTAL HEALTH AND MONEY ADVICE:

A UK-wide online service that provides information, advice and casework to people who have mental health and money issues. Visit: [www.mhma.org.uk/toolbox](http://www.mhma.org.uk/toolbox).

### STEPCHANGE DEBT CHARITY:

Provides free debt advice and a wide range of debt solutions. Visit [www.stepchange.org](http://www.stepchange.org) or call 0800 138 1111.

### NATIONAL DEBTLINE:

A charity that gives free debt advice by phone, online chat and sample letters to write to creditors. Visit [www.nationaldebtline.org](http://www.nationaldebtline.org) or call 0808 808 4000.

### MONEY ADVICE SERVICE:

Offers free, impartial money advice. Visit [www.moneyadviceservice.org](http://www.moneyadviceservice.org). It also has a debt advice locator tool where you can find national and local organisations that provide free debt advice.

### TURN2US:

A national charity that provides practical support when people are struggling financially. They have a useful benefits calculator and you can search for charities who may be able to provide you with grants to buy essential items. Visit [www.turn2us.org.uk](http://www.turn2us.org.uk).

### CITIZENS ADVICE BUREAU:

Gives advice on debt and benefits. Visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk).

# NEW YEAR, NEW APPROACH TO YOUR WELLBEING

There are some key lifestyle choices which people can make to improve or maintain their mental health. These are known as **Five Ways to Wellbeing** and **The 10 Keys to Happier Living**.

## FIVE WAYS TO WELLBEING



### Connect...

with people around you. Family, friends, colleagues, and neighbours. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



### Be active...

walk, run, step outside, cycle, play a game, garden, or dance. Find something that you enjoy and suits your level of mobility and fitness. Exercising makes us feel good.



### Take notice...

be curious, notice changes, savour every moment whether you are walking to work, eating lunch, or talking to friends. This will help you appreciate what really matters to you.



### Keep learning...

try something new, rediscover an old interest, sign up for that course, learn how to play an instrument. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as it being fun.



### Give...

do something nice for a friend or a stranger, thank someone, smile, volunteer your time. Seeing yourself and your happiness, linked to your community can be incredibly rewarding and creates connections with people around you.



# THE 10 KEYS TO HAPPIER LIVING

This incorporates the Five Ways to Wellbeing in addition to five more. They are based on the acronym **GREAT DREAM**.

## **G**IVING

Do things for others

## **R**ELATING

Connect with people

## **E**XERCISING

Take care of your body

## **A**WARENESS

Live life mindfully

## **T**RYING OUT

Keep learning new things

## **D**IRECTION

Have goals to look forward to

## **R**ESILIENCE

Find ways to bounce back

## **E**MOTIONS

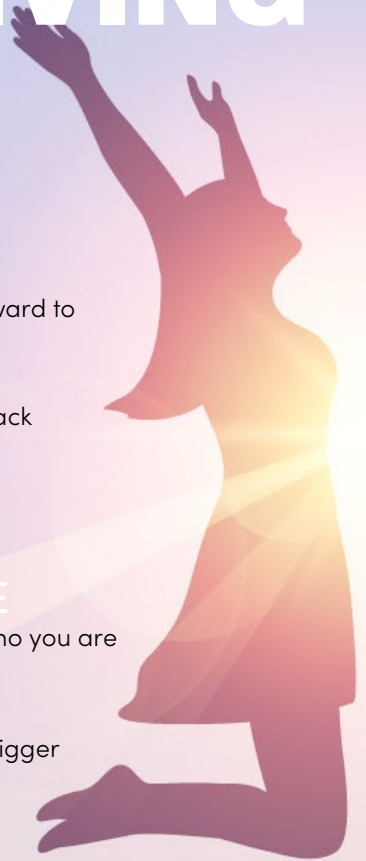
Look for what's good

## **A**CEPTANCE

Be comfortable with who you are

## **M**EANING

Be part of something bigger



# MENTAL HEALTH AT WORK COMMITMENT

ESS has signed up to the **Mental Health at Work Commitment** for employers who want to lead the way, drive change and declare publicly that mental health is a priority. The **six standards** making up the commitment are shown below.

Head over to the [HSE Website](#) to find out more.

1

Prioritise mental health in the workplace by developing and delivering a systematic programme of activity

2

Proactively ensure work design and organisational culture drive positive mental health outcomes

3

Promote an open culture around mental health

## The six standards

4

Increase organisational confidence and capability

5

Provide mental health tools and support

6

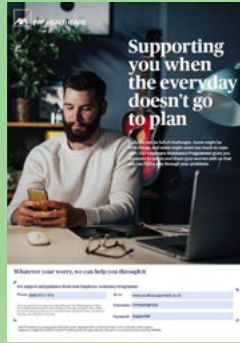
Increase transparency and accountability through internal and external reporting

**MENTAL  
HEALTH  
AT WORK**



# EMPLOYEE ASSISTANCE PROGRAMME

Please click on the image to the right to see a reminder of the **Employee Assistance Programme** we currently have in place.



**ASK YOUR MENTAL HEALTH FIRST AID SPECIALIST**

HEALTHIER MIND

If you're interested in finding out more about Mental Health First Aider training send us an email.

We are qualified in Mental Health First Aid.



**HARJEET MOORE**  
HEAD OF PEOPLE  
ESS



**EVAN JUDGE**  
SENIOR HSE MANAGER  
DEFENCE AND  
GOVERNMENT SERVICES



**ALLAN ERRINGTON**  
HSEQ MANAGER  
OFFSHORE

If you have any questions, or ideas on how we can improve how we support our people, please get in touch with any one of us directly.

If you need to seek support in mental health issues, please contact: **harjeet.moore@compass-group.co.uk** or on **07971 096905**

Don't forget your Wellness Team are also here to support you and are all trained in Mental Health First Aid. Ask them any health and wellbeing questions or raise any concerns. You can also book one of their tailored sessions to include mindfulness.

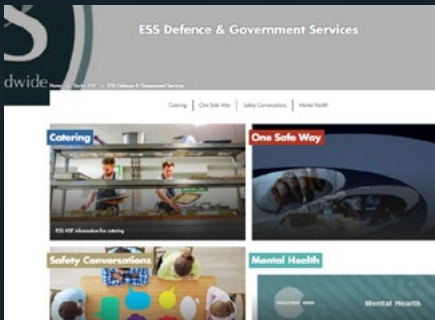
Get in touch with Harjeet by scanning the QR code



# MENTAL HEALTH ON THE HSE WEBSITE

Click **HERE** to get to the Mental Health section! – make sure you're logged into Compass Connect.

You can find all our toolbox talks and 'how to's' including 'how to sleep better', 'how to manage and reduce stress' and 'how to support mental health at work'...



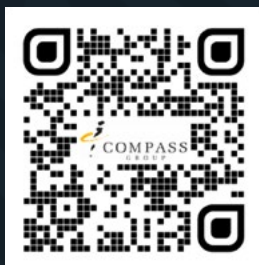
# MINDFUL MOMENTS

Have you seen this month's Mindful Moment Toolbox Talk? This month we're discussing conscious breathing. Drop us an email at [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk) if you'd like a copy sent directly to your email inbox each month.



# YOU MATTER

As a reminder, we have some great resources through our YOU matter campaign which can be found on the learning portal. Click **HERE** to visit the You Matter Portal or scan the QR code below.



# EVAN TALKS

Senior HSE Manager, **Evan Judge**, launched his own podcast, Evan Talks, in 2019.

If you would like to hear more about Evan's own journey with mental health or listen to other stories of real people working through their own journeys, visit the podcast website **HERE** or search Evan Talks on your preferred podcast provider platform.

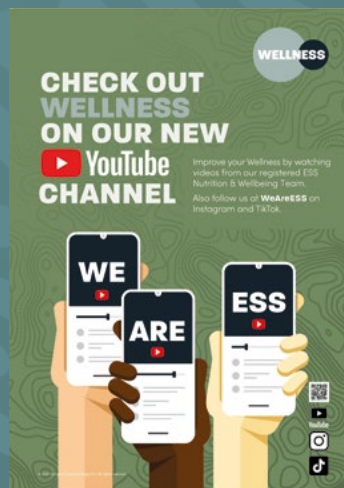


## WELLNESS NEWSLETTER

You can also sign up for our Wellness Newsletter where you will find all the overall wellbeing initiatives the Wellness Team are promoting each month and links to our live webinar and surgery. If you would like direct access into your email inbox, sign up by emailing: [ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)

## WELLNESS WEBINAR

Join us for our monthly Wellness Webinar on the **first Wednesday of every month** or view it later on our 'WeAreESS' YouTube channel **HERE**.



## WELLNESS INSTAGRAM Q&A

Don't forget, on the **third Wednesday of each month** log onto Instagram and pop an anonymous question in the box on our stories! Just head over to '@WeAreESS'.



If you don't have access to Instagram, you can send in your question to:

[ess.wellness@compass-group.co.uk](mailto:ess.wellness@compass-group.co.uk)