

HEALTHIER MIND

HOW TO SET UP A WELLNESS ROOM

Mental
Health
UK

HEALTHIER MIND

WELLNESS ROOM

This room has been designed and created to:

- Promote and support mental health
- Relax, catch up and take time out
- Encourage conversations about mental health and wellbeing
- Look out for each others mental health as well as your own



Mental Health UK is a registered charity in England and Wales, no. 1170815

WHAT IS A WELLNESS ROOM?

ESS are looking to embed Wellness Rooms across all sites to promote and support the mental health and wellbeing of our colleagues.

Our Wellness Rooms create a social environment that encourage our colleagues to relax, have a catch up or take some time out. The rooms also facilitate a comfortable space to be able to open up, should our colleagues feel they need support.

WHAT ARE THE BENEFITS?

Providing Wellness Rooms can help empower a positive working environment to support colleague wellbeing and nurture a culture of openness and acceptance around mental health.

We encourage colleagues to look out for each other's mental health as well as their own, create the time to talk and ensure that managers and colleagues know where to go for support in dealing with mental health problems. The Wellness Rooms provide the perfect space to support and encourage conversations about mental health and wellbeing.

GETTING STARTED

1. PICK A QUIET ROOM

Although it's called a Wellness 'Room', any spare space or area you have can work well (some of our teams have used a corner of their staff room!).

Ideally the area will have natural light and a window. The room should not be available to book but should be used for those as and when it's needed. Ideally the room should not lock but you could include a sign on the door to state 'occupied' or 'available' if a colleague wishes not to be disturbed.

2. MAKE IT COSY

Create a relaxing environment where you feel calm and comfortable.

You might want to find a sofa or comfortable chair with cushions and blankets or bean bags to sit on. Plants (artificial might be more low maintenance!), softly lit lamps or fairy lights, a scented air freshener or reed diffuser that promotes peace and tranquillity (e.g. lavender), artwork or photos, particularly those representing nature, can help to establish and enrich a calming environment.

These items can be fairly inexpensive but make a big difference – why not check out a local charity shop to see what you can find? When you're decorating, think about using neutral and natural tones that aren't too bright or dark.

3. MAKE IT A SAFE SPACE

The Wellness Room should provide a safe place where people feel comfortable.

Make it clear what the room should be used for and ensure people understand. It could be useful to have a set of 'golden rules' to reinforce this.



4. KIT IT OUT

It can be useful to stock up on small things that can make a difference during a difficult time.

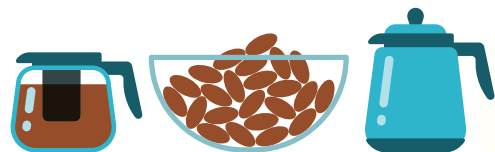
Some ideas could include:

- Tissues
- Water bottles
- Kettle and tea bags
- Hand sanitiser and hand cream
- Deodorant
- Notepad and pen
- Bin
- Books/magazines
- Adult colouring book
- Puzzles
- Contact list of ESS Mental Health First Aiders
- Healthier Mind leaflets and resources

5. SIGNPOST IT AND MAKE IT KNOWN

There's no point in having a Wellness Room if no one knows about it!

If you have created a Wellness Room make sure your colleagues on site know it's there. Signpost it using our Wellness Room Poster, these can be found on the HSE website or email our Nutrition and Wellbeing Team (ess.wellness@compass-group.co.uk). Also, share it on workplace so everyone can see it.



DO I NEED A BUDGET?

We appreciate that you might need some additional funding to support the creation of your Wellness Room. To find out if your site is eligible, please discuss this with your General Manager with a proposal of costs and budget.

MENTAL HEALTH UK

ESS Government Services have partnered with Mental Health UK to support and make a contribution towards helping people overcome illness and manage their mental health. Mental Health UK have a number of resources to support you. They can all be found on our HSE Mental Health section [HERE](#) (make sure you are logged into compass connect first).

TOOLBOX TALKS

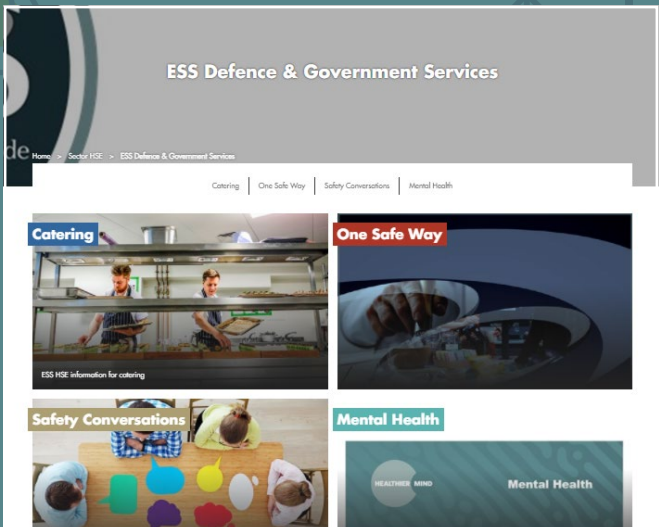
Don't forget to also look out for our Mindful Moments Toolbox Talk this month which will equip you with lots of information and top tips on how you can deal with feelings of depression, where to seek support and how to help others.

Click [HERE](#) to head over to the HSE website where you can access the Toolbox Talks from previous months.

HEALTHIER MIND NEWSLETTER

You can also sign up for our Healthier Mind 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





ES5
Please help yourself.....
Smart Water
Selection of Tea
Coffee Latte
Hot Chocolate
Canned Drinks
Please leave the area as you
would like to find it ☺
Thank you...



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