

HELLO...

AND WELCOME TO OUR JULY HEALTHIER MIND NEWSLETTER.

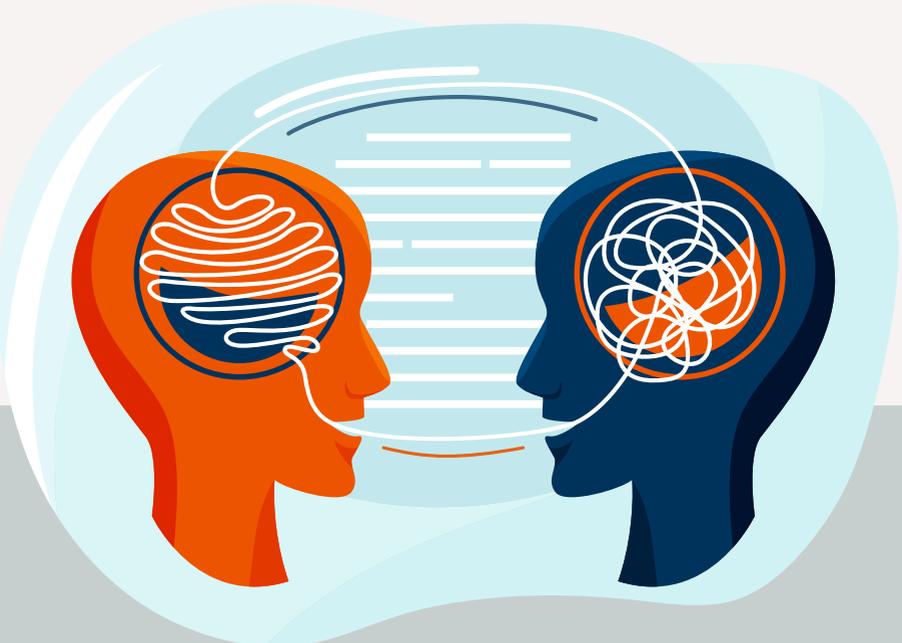
As we promote Talk to Us month and International Friendship Day, a key theme across the campaigns this month is the importance of our connections with others. Whether you are an introvert or an extrovert, social connection is one of our fundamental needs as humans. Our connection with others, or a lack of it, can have a significant impact on our physical and mental wellbeing. Although at times it can feel like we are alone in our struggles, however more often than not, we have a lot more in common with other people than we might think.

This month we should aim to remind ourselves why our connections with others are so crucial for our wellbeing.

Read on for hints, tips and resources to support your mental wellbeing and don't forget about our Mindful Moment Toolbox Talk, which this month is all about how exercise can help improve and maintain good mental health.

Harjeet Moore

Harjeet Moore, Head of People



TALK TO US MONTH

Every year in the month of July, Samaritans promote their Talk to Us campaign through running local events to raise awareness that they are here to listen at any time if you are struggling. This year, they are encouraging us to become better listeners.

When our loved ones open up to us about a struggle they have been facing, it's natural to want to make them feel better and to want to try and make the problem go away.

Unfortunately, despite trying our hardest to say what we think they want to hear; this doesn't always go to plan.

Being a good listener is much easier said than done and can definitely take some practice but with that being said, developing your listening skills is such a valuable tool which can support you to help your loved ones and colleagues feel more heard.



Below are some tips to get you started on your journey to become a better listener:



1. Ask them what they need: to avoid going into auto pilot 'problem-solving' mode when a loved one comes to you needing to talk, take a second to pause and ask 'would you like me to help you come up with a solution, or do you just need someone to listen?'



2. Listen without being distracted: phones and technology can cause problems when it comes to listening. We have all been in the situation where we are having a meaningful conversation with a friend and then as soon as their phone goes off, you can see their focus change. Even if you don't answer or look at your phone whilst talking to someone, the sound of a notification or missed call can be enough to interrupt and change the tone of a conversation. Whenever possible try to put your phone onto silent mode when you'll be catching up with friends and loved ones.



3. Check in regularly: It can feel as though every year, time goes by quicker than the last. Without meaning to, we can end up not speaking to our friends for weeks or even months. Why not set up calendar reminders on your phone to prompt you to have regular catch ups with your friends and family.



4. Ask twice: Sometimes you may ask how someone has been doing and if they are alright, though often this question is brushed off with a simple 'fine, how are you?' as they may assume that we don't really want to know the answer. By asking twice or taking time to say, 'how are you, really?' you will help to ensure that the person you are asking knows you are genuinely wanting to listen.

For more information and to contact Samaritans, head to our signposting section below.

HOW SUMMER CAN AFFECT OUR BODY IMAGE

Summer is a time that so many of us look forward to each year thanks to the sunshine, the blue skies and the long and bright days. However, for some, summer can be a very triggering time. This is particularly true for those who struggle with our body image. A recent government survey into body image found that 61% of adults and 66% of children either feel negative or very negative about their body image most of the time*. Research also suggests that during the summer months, body dissatisfaction is at its peak due to pressure to meet a certain ideal shown in mainstream and social media, as well as comparing our appearance to others.

As temperatures start to rise, it can be a shock to suddenly see everyone you know wearing tank tops and short shorts, when we are so used to being covered up for the majority of the year. This can feel like a big adjustment, especially when it comes to feeling like we have to have our own bodies out on display. You may have heard of the quote 'comparison is the thief of joy', which is true all year round, but this is particularly true when it comes to comparing our bodies to other peoples' during the summer months.

* House of Commons: changing the perfect picture: an inquiry into body image 2019-21

There has been progress in recent years with society starting to embrace more diverse body types, with models of different shapes and sizes being used on some runways and included on a number of clothing sites. Despite this progress, some of us may still feel bombarded with messaging from magazines, TV, and social media, telling us to 'slim down for summer' or 'get beach body ready' which can lead some of us resort to unhealthy crash diets and extreme exercise regimens. We all deserve to enjoy the summer months, so this July, our Wellness Webinar is all about supporting your body image so that you can stop fixating this on your body and instead make the most of summer.



WELLNESS WEBINAR: SUMMER BODY IMAGE

There can be a misunderstanding around what is deemed to be the 'perfect' weight, shape or size from what we see online. Heading into summer, you may hear about people dieting or obsessively exercising to achieve that bikini body or bulging biceps. This month, our Wellness Webinar dives into body image, with lots of tips and information to help you feel better this summer. Click [HERE](#) to join on Wednesday 6th July at 14:30.

INTERNATIONAL FRIENDSHIP DAY

International Friendship Day (IFD) is held each year on the 30th July, with the day even being acknowledged and supported by the UN. It is hoped that the day is a key reminder of how friendship between people, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

Though the concept of IFD was actually first created back in 1930 by the founder of Hallmark Cards. I know you're probably thinking 'oh so it's just another made up event to try and get us to buy stuff', and you definitely aren't alone in thinking this. In fact, IFD hasn't become a particularly big event worldwide and it is thought to be partly due to this reason. That being said, IFD still gives us an opportunity to remember and appreciate our friends, whether that be through sending a text or arranging that long overdue catch up (rather than buying a greeting card). Having a reason to remember our friends can't be a bad thing, right?

Throughout the everchanging stages of our lives, sometimes maintaining friendships and creating new solid friendships can take a back seat. The pandemic has certainly influenced many friendships, with a 2021 YouGov survey finding that 40% of Britons have lost contact with some friends since the start of the pandemic*. Though thanks to modern technology more of us than ever before are finding new friendships online, with 26% of Britons having friends that they've never met in person.

The thought of trying to make new friends as an adult can feel particularly difficult, though despite 51% of Britons reporting that they find it difficult to make new friends, 34% say they have managed to make a new friend in the last year. It's important to remember that although developing and maintaining good friendships does take time and effort, our friendships can provide us with endless support and happy memories throughout our lives, which certainly makes it a worthy investment.



HERE ARE SOME IDEAS TO HELP YOU DISCOVER NEW FRIENDSHIPS:



Spend more time doing the things you love: what are you passionate about? The more that we follow our own passions and interests, the more we will become surrounded by like-minded people. Love walking? Reading? Films? Why not join a local club. There are also lots of online communities for every interest you can think of, try to get involved with discussions and find your people.



Don't be afraid to make the first move: we all have those rare moments in life where we interact with someone that we just click with. This could be a colleague, a neighbour, or the barista at our local coffee shop. Unfortunately, these interactions often don't go any further because we are worried about putting ourselves out there and potentially being rejected.

*2021YouGov Friendship Study



Try out a friendship app: more people than ever are dating online but did you know that there are also apps for meeting new friends? Bumble BFF is just one of the options to help you make a new connection in your area. Click [HERE](#) to try it out.



Remember that you are not alone: although it may seem like everyone else has so many friends (especially through the distorted lens of social media), the truth is that so many of us would love to make new friends, in fact around 30% of Britons report not having a best friend.

SIGNPOSTING INFORMATION

SAMARITANS

If you are struggling with your mental health and need someone to talk to, contact the Samaritans:

- Call – free, open any time day or night on 116 123
- Write a letter – Freepost SAMARITANS LETTERS
- Email – jo@samaritans.org
- Welsh language line – 0808 164 0123
- **Self-help app** – Samaritans self-help app for tools to help you feel better
- Find your nearest branch [HERE](#)

EATING DISORDERS & BODY IMAGE

To speak to a trained eating disorder helpline support worker, call Beat's helpline on 0808 801 0711 (UK) they are open 365 days of the year 12pm – 6pm Mon – Fri and 4pm – 8pm weekends and bank holidays

For more information and support relating to body image concerns, head to the [Young Minds](#) website

OTHER SUPPORT

Support for current and former military personnel, contact the Royal British Legion Helpline: 080 8802 8080

For peer support, you can access Clic – a free online community here to support everyone with their mental health

For local mental health services and helplines, please visit Mind's useful contacts page by clicking [HERE](#).



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

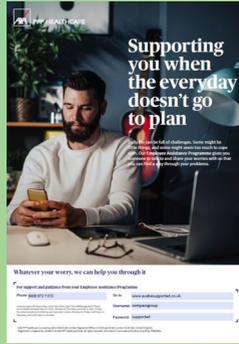
Increase transparency and accountability through internal and external reporting

**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 Mindful Moment 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'.

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.



MINDFUL MOMENTS

Have you seen this month's Mindful Moment Toolbox Talk? This month we're discussing exercise and mental health. Drop us an email at ess.wellness@compass-group.co.uk if you'd like a copy sent directly to your email inbox each month.

WELLNESS RESOURCES

Our Nutrition and Wellbeing Team create monthly resources to help support your overall health and wellbeing relating to national and international initiatives.

Email ess.wellness@compass-group.co.uk to sign up for their monthly newsletters, find out about their monthly wellness webinars and Q&A surgery's. You can also find them across social media, search WeAreESS on YouTube and Instagram.

CLIC ADULTS MENTAL HEALTH SUPPORT

Clic is a free online community to support adults with their mental health. Clic's online chat room is there to connect people with others on the things that matter to them, wherever they are. Members can access a host of mental health information, tools, tips and resources to help people help themselves, as well as their carers, family and friends.

Clic is there for anyone 24/7 and is moderated so that anyone can find the support they need in a safe environment. Click [HERE](#) to visit Clic

