

**Maintaining Wellbeing**

**Resource Pack**

Developed by SAMH Physical Activity and Sport Team

## Thank You!

Firstly, thank you so much for taking part in our Maintaining Wellbeing Training session. Your time and participation is hugely appreciated.

We hope you found the session valuable and are able to use your learning and skills developed in your professional and personal lives.

## Session Outcomes

A better understanding of mental health & wellbeing & how to support our own & others

Apply this understanding through a series of activities & exercises within your resource pack provided after the training.

Explore what stress looks like for you & understand ways you can manage stress

Understand & explore early warning signs of poor mental health & what might trigger it

## Wellness Action Plan

We would encourage everyone to complete a Wellness Action Plan; you don't need to have a mental health problem in order to feel the benefits. It just means that you already have practical steps in place to ensure you are supported when you aren't feeling great.

Approaches to take to support wellbeing

Early warning signs of poor mental health

Known environmental triggers

Impact of poor mental health

What support is required

Actions to be taken by all involved

Below are some links to get your free guide to creating your own Wellness Action Plan.

A guide for working from home:

[https://www.mind.org.uk/media-a/6020/22078\\_work-from-home-wap.pdf](https://www.mind.org.uk/media-a/6020/22078_work-from-home-wap.pdf)

A guide for line managers:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/employer-resources/wellness-action-plan-download/line-managers-guide-form/>

A guide for the employee:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/guide-to-wellness-action-plans-employees/employees-guide-form/>

## 5 Ways to Better Wellbeing

The 5 ways have been scientifically proven to have a positive impact on our mental health and wellbeing. We recommend adding activities to your daily routine that support one of the 5 ways or as regularly as you can.



**Connect:** Phone a friend, visit family or join a new social club

**Be Active:** Walk, run, swim, try a new sport

**Take Notice:** practice gratitude and affirmations, ask others how they are doing really

**Learn:** Take up a new hobby, learn a new language, learn more about others

**Give:** Time, energy and skills. Fundraise. Give words of kindness to yourself or others

Think of an activity that you love...

Why is it important to you?

How does it make you feel?

How can you introduce this activity more into your regular routine?

## Translated Resources

- Understanding Mental Health Problems- Urdu (Urduish).  
[https://www.samh.org.uk/documents/SAMH\\_Understanding\\_Mental\\_Health\\_Problems-Urdu\\_Urdish\\_-\\_2021.pdf](https://www.samh.org.uk/documents/SAMH_Understanding_Mental_Health_Problems-Urdu_Urdish_-_2021.pdf)
- 5 Ways to Better Wellbeing- Urdu (Urduish).  
[https://www.samh.org.uk/documents/SAMH\\_5\\_Ways\\_to\\_Better\\_Wellbeing\\_-\\_Urdu\\_Urdish\\_-\\_2021.pdf](https://www.samh.org.uk/documents/SAMH_5_Ways_to_Better_Wellbeing_-_Urdu_Urdish_-_2021.pdf)
- Understanding Mental Health Problems- Polish  
[https://www.samh.org.uk/documents/SAMH\\_Understanding\\_Mental\\_Health\\_Problems-Polish\\_-\\_2021.pdf](https://www.samh.org.uk/documents/SAMH_Understanding_Mental_Health_Problems-Polish_-_2021.pdf)
- 5 Ways to Better Wellbeing- Polish  
[https://www.samh.org.uk/documents/SAMH\\_5\\_Ways\\_to\\_Better\\_Wellbeing\\_-\\_Polish\\_-\\_2021.pdf](https://www.samh.org.uk/documents/SAMH_5_Ways_to_Better_Wellbeing_-_Polish_-_2021.pdf)
- Understanding Mental Health Problems- Punjabi (Gurmukhi)  
[https://www.samh.org.uk/documents/SAMH\\_Understanding\\_Mental\\_Health\\_Problems\\_-\\_Punjabi\\_Gurmukhi\\_2021.pdf](https://www.samh.org.uk/documents/SAMH_Understanding_Mental_Health_Problems_-_Punjabi_Gurmukhi_2021.pdf)
- 5 Ways to Better Wellbeing- Punjabi (Gurmukhi)  
[https://www.samh.org.uk/documents/SAMH\\_5\\_Ways\\_to\\_Better\\_Wellbeing\\_-\\_Punjabi\\_Gurmukhi\\_2021.pdf](https://www.samh.org.uk/documents/SAMH_5_Ways_to_Better_Wellbeing_-_Punjabi_Gurmukhi_2021.pdf)

## Environmental Triggers – Case Study

We visited this case study during the Maintaining Wellbeing training. It may be useful to revisit yourself or with your team to remind you of the process to identify and manage triggers. Identifying and managing triggers can help give us control in otherwise stressful situations.

### Sam – Case Study

Sam works Monday to Friday; from home three days a week and from the company office two days a week. Sam works in a team of four. Recently one member of the team was signed off work and will not be returning for an unspecified period.

Sam is married and has two children under the age of 5. Their partner works 5 days a week on shift rotation where they work every second weekend. Both of Sam's parents help with childcare where possible. However, recently they have been unable to help out as much for various reasons.

It is coming in to winter and although relatively fit and healthy, Sam does not cope well with the long dark winter days.

Identify triggers

Organise time

Address the causes

Identify triggers

- Working from home
- Caregiver responsibilities
- Winter (Seasonal Affective Disorder?)
- Managing time with family
- Amount of time for "self"

Organise time

- Have a dedicated work space to keep focus while WFH.
- Keep on task and ensure not working more than paid hours.
- Keep family time as a priority.
- To do/ta da lists
- Schedule in and take plenty of breaks (especially while WFH)

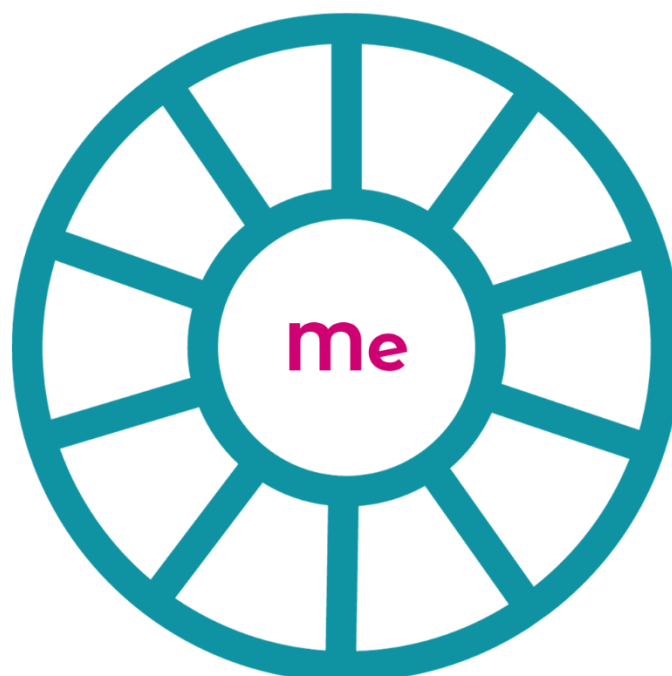
Address the causes

- Get plenty sunlight and supplement Vit D to support wellbeing through winter. Take lunchtime breaks outside
- Arrange extra childcare
- Prioritise family time on weekends when whole family is free
- Leave work in dedicated part of house if possible and only work within hours
- Be honest with self and ask for help when needed. Weekly check-ins?

- The above are just some suggestions. Can you think of anything else Sam could do? Think about what you learnt in your Maintaining Wellbeing training – can you apply this to the case study?
- How could you apply this knowledge to your own life?
- Where can you seek support to help you address causes?

## Stress Wheel

The diagram below represents a wheel with eight spokes. Each spoke represents an important area of your life with you at the centre, the hub that holds everything together. Think about what you would put at the end of each spoke.



Now think about each of these areas in turn and mark on the spoke where you feel you are in relation to your heading. If you feel that you have everything well controlled and can make no difference to that area mark yourself right out at the end of the spoke. If there are issues then bring your mark in nearer to the hub, the nearer the hub the more attention you require to pay to this area. Once you have done this for each spoke, join the marks up. Ideally you want to have a rounded circle in the wheel. This would indicate that you have the main areas in your life balanced and controlled. Look at your wheel and decide which areas require attention due to the imbalance of the wheel; this will help you focus on where to make improvement.

Susceptibility to stress varies and is unique to each individual. How well you cope depends on your basic disposition, your ability to cope with pressure and the nature of the stressors. To some extent how you have coped with past experiences may affect how you deal with future stressful issues.



## Appreciating Strengths

It's important for our wellbeing to also be aware of our strengths and qualities. We can easily get stuck in negative thought cycles during stressful periods so it is good to practice gratitude to help build resilience. It can be useful to do this daily. Below are some examples of gratitude you can do on your own. You don't have to do all at once, one a day is good. Try writing your gratitude's down as this will also help improve your overall sense of wellbeing.

1. One thing I am proud of myself for achieving is...
2. Two things I like about my physical appearance...
3. Three values I cherish within myself are...
4. Four things I like about my personality are...
5. One thing I did today that made myself proud...
6. One thing I enjoyed about my day...
7. One skill I am proud that I have is...
8. My favourite thing to do to relax is...
9. The way I like to show people I care is by...
10. My friends and family value me because...

This is not an exhaustive list but it gives a good starting point for you to start building daily gratitude in to your routine.

## Creating Healthy Environments

We discussed during the Maintaining Wellbeing training the importance of creating mentally healthy environments to help support your wellbeing.

We discussed how **YOU** as an individual can do this and also how your **ORGANISATION** as a whole can do this.

When thinking about mentally healthy environments we should think about both the physical and social aspects of the environment. It is not just about what you put in the environment, the layout and the lighting - although this does play a huge part too. It is also about the culture you create, the team spirit and the values you live by.

It might be useful to re-visit the activity you took part in during your training. You can do this on your own or as a wider team.

What changes can you make to help support your mentally healthy environments?

What can  
**individuals** do to  
create mentally  
healthy  
environments?

What can  
**organisations** do to  
create mentally  
environments?

## SAMH Top Tip – Buddy Up

- ✓ Having a mental wellbeing buddy can be really helpful. This is a person you trust, know well and someone who you feel safe going to when you need support. Similarly, it is someone who you feel confident in supporting too!
- ✓ Identify a family member, friend or colleague who can be your buddy. You don't need to tell them but it is often helpful as this can open up positive conversations.
- ✓ Remind yourself that this is your buddy and keep that in the back of your mind.
- ✓ When you are feeling down, stressed or worried reach out to your buddy.
- ✓ However, when you are happy and feeling good it can be useful to share this with them too!
- ✓ Have weekly check in's. For example, on a Friday morning send a quick message or have a quick chat to ask how they are doing and tell each other a high point and a low point of the week.
- ✓ Often we don't like sharing emotions with others and can find it difficult. By practicing and being more open we take small steps to help ourselves and others. It helps us build connections, give, learn and take notice, things which have a positive impact on our wellbeing.

## Maintaining Wellbeing Resources

### Achieving Active Lives

Achieving Active Lives is a 16-week programme, funded by Movember, which is designed primarily to help men aged 18 and over live a more active lifestyle and better manage their overall health. Through tailored sessions, SAMH practitioners will work with you on a one-to-one basis to help you achieve your goals, build a routine and support your mental health.

### The Changing Room

12-week program focusing on mental health and wellbeing through the beautiful game. Males ages 30-64 and Young Women ages 18-30  
Hibs & Hearts (& rolling out to other clubs across Scotland)

### Changing Room Extra Time

Giving men the opportunity to speak in more depth about their mental wellbeing and explore areas which are giving them particular challenges or concerns.

### JogScotland

Walking & Jog groups for all ages across Scotland. All jog leaders are trained in Mental Health Awareness.

### Wellbeing assessment tool

Keeping track of our mood over time can help us to recognise a deterioration in our mental health

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/wellbeing-assessment-tool>

### Less Stress in 60 Seconds

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/less-stress-in-60-seconds>

### Staying mentally healthy while working from home

A resource providing ways to help people stay mentally healthy while working from home.

<https://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub/staying-mentally-healthy-when-working-from-home>

### Scotland's Mental Health Charter for Physical Activity and Sport

Scotland's Mental Health Charter for Physical Activity and Sport aims to improve equality and reduce discrimination for anyone with a mental health problem.

[samh.org.uk/get-involved/physical-activity-and-sport/our-projects/mental-health-charter](https://www.samh.org.uk/get-involved/physical-activity-and-sport/our-projects/mental-health-charter)

## National Signposting and Support

**Breathing Space** - An NHS based service that offers a listening service.

**Tel. 0800 83 85 87**

(Monday to Thursday, 6pm to 2am & Friday to Monday, 6pm to 6am)

**Website:** <https://breathingspace.scot/>

**Samaritans** - Crisis listening service

**Tel. 116 123**

24 hours a day, 7 days a week.

Email. [jo@samaritans.org](mailto:jo@samaritans.org)

Website. <https://www.samaritans.org/?nation=scotland>

**NHS 24** - An NHS out of hours' triage service.

**Tel. 111**

**sportscotland** – Various case studies detailing the benefits of physical activity and sport on people's mental health.

<https://sportfirst.sportscotland.org.uk/articles/?tag=mental+health>

**Healthier Scotland** – Things you can do to help clear your head.

<https://clearyourhead.scot/>

**SAMH Website** – Scottish Association for Mental Health website lots of good information and links resources and information about Mental Health & Wellbeing

**Website:** [www.samh.org.uk](http://www.samh.org.uk)

**MIND Website** – Partner charity for England & Wales. Very good website with lots of information, resources and case studies about Mental Health and Wellbeing

**Website:** [www.mind.org.uk](http://www.mind.org.uk)