

Better Health at Work

3. Mental Wellbeing - Feedback

3.7

"I really love this magazine, it's such a good reach."

3.4

"Participated in the training and was quite relevant to a scenario had to deal with. Good pointers to know."

3.19

"Had a walk with colleagues and a chat - so busy - had time to catch up!"

3.15

"Thanks for this nice little incentive. A few of my girlfriends have these, they work for the NHS/Police and rate them for realistic discounts. I've signed up, painless which is great and downloaded the App too"

3.19

"Great idea/methods of getting people talking, love the origami games #THROWBACK"

3.19

"Fab idea and felt good to talk. Great work."

3.23

"Just a quick note to say thank you for organising the CBT training today, I found it very useful, interesting and reassuring. Having spoken to a couple of colleagues who also did the training, the general feeling is that it was brilliant, very useful but could do with being a longer session. I also feel that future updates and training on the subject would be very useful, as I think everyone can get something from this subject."

3.21a

"I am a Mental Health First Aider. So rewarding to have these conversations with someone who needs to talk where you can make a difference."

3.40

"I found parts of it interesting, articles on bereavement & offering suggestions for coping mechanisms. Articles specifically for Managers too. It might be very useful to offer this to befrienders to offer them some additional support and guidance too. There are interactive quizzes to take and some reading/listening to do but it doesn't take 3 hours in total."

- SR

3.29

"This is a really good offer I will be passing it on."

3.40

"It was very similar to the Mental Health First Aid but more specific to COVID-19. It's helped reinforce what I already know but prepared me for the possible effects of lockdown as well. I enjoyed it."

- LP

3.40

"PFA - yes, absolutely, the course was beneficial to me. There were snippets in there, where I thought, that's a good idea - why didn't I think of that! I personally found some parts like wading through treacle - but I think that was me and not the course. It took me far too long - no way could I have completed it in 3 hours. I know I am a slow learner though. I honestly think anyone who deals with the general public, is a carer, volunteers etc. should do the course. They will definitely get something from it. A lot is common sense, yes, but very helpful guidance and points to think about especially with the Covid 19 situation."

- LH

3.40

“I found it interesting... got you thinking.”

- SE

3.40

“There were definitely points in there that is definitely worth considering whilst talking to your customers. I am glad that I made notes so I can refer to.”

3.41

“I liked the drawing, Malminder suggested writing down what increases our anxieties and what reduces it. Also the hypnotherapy 10 minutes relaxing session - I felt so calm right through my body afterwards!”

- LP

3.41

“Thank you for this webinar – I really enjoyed it and did get something out of it! A good way to recognise our anxiety levels and manage them better going forward.”

3.41

"I think I will be better equipped to manage my anxiety levels by reducing the things that fuel it e.g. reading too much on the news/internet. And doing more that reduce my anxiety – like enjoying a hot bath, lighting a fragranced relaxing candle, deep breathing techniques, meditation, yoga, etc. I will definitely be following Malminder on her website and social media."

3.41

"Was a long Introduction."

3.54

"Recently we did a sunrise walk on the beach which was cold but worth it."

- Harriet

3.54

"Last weekend I did some decorating with my flat mate as the weather wasn't great, it's nice to have a change of colour especially when we have been stuck inside this year! It was also very therapeutic."

- Harriet

3.54

"This past week I've been revisiting my 'younger day' hobby & picking up a new hobby. Learning & relearning."

- Alison

3.54

"Getting some fresh air, exercise & me time today."

- Alison

3.54

"I used the Calm app to listen to sleep casts and practice meditation, as I do most days but I tried a new sleep cast and meditation routine this week which I enjoyed. I also started listening to the Happy Place podcast and couldn't recommend it enough. Lastly, I read some very interesting articles on the Happiful app which help me to understand my own mental health and how I can best support others who may need it."

- Leah

3.54

"I made a chicken korma from scratch! I've never made Indian food from scratch before so I put some music on, took my time and enjoyed a lovely meal at the end of it (it was even worth having to clean the mess I made in the process)."

- Leah

3.54

"Every day I enjoy a 15 minute stretch! 5 days a week I also fat burn to step, aerobics or dance for just 30 minutes, changing the workouts regularly so I don't get bored."

- Beverley

3.54

"One thing I've begun for my mental wellbeing is daily physical workouts in my home using my Prime TV membership - other providers are available :)"

- Beverley

3.54

"For me, it's taking time for myself to unwind."

- Beverley

3.54

"The main stress in my life, you've guessed it, is my son Oli who was pre-programmed at birth to annoy me more than any other living soul. I often get so angry with him and instead of turning to food for comfort I have been learning to find alternative coping mechanisms. I try to do mindfulness meditation with 'Mindful Therapies' on Facebook to calm my mind and reset my emotions which helps. Also listening to music while cleaning is a good release of anger. I've been accepting that it's ok to feel angry, sad etc. as we need to experience these emotions rather than burying them or in my case eating them."

- Jo

3.45 Why did you take part and what did you like the most?

3.45

"The pictures were infective."

3.45

"Interesting article I love to laugh, it made me smile the photographs and the things to do."

3.45

"The pictures made you think of different things, happy times and memories you could reflect on."

3.45

"I love to laugh I think it is infectious even just a smile can emerge to a laugh, I love to dance and although it embarrasses my child 17 she joins in and we end up having a laugh. We also do car Karaoke she provides the tunes and we see who can sing the loudest we always end up laughing. I was intrigued to learn more and different ways."

3.45 What did you like least? What can we do to improve?

3.45

"Nothing."

3.45

"Nothing."

3.45

"Nothing."

3.45 What lifestyle changes will you make?

3.45

"Enjoy time more with family and laugh and smile more can increase your mood."

3.45

"Speak to friends more and have fun."

3.45

"Continue to enjoy time spent with family and friends and continue to laugh to increase my own mood and other individuals."