



ZEVO HEALTH

MOVE • NOURISH • INSPIRE

Mental Health Toolkit

Post-Training
Resources



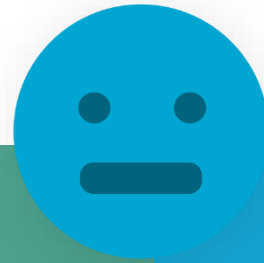
THE MENTAL HEALTH CONTINUUM



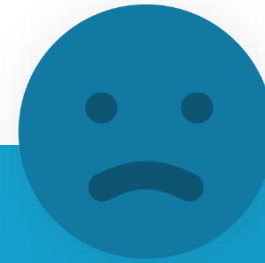
Life is good, satisfied, happy, resilient, active, communicative, low levels of anxiety



Occasionally anxious or stressed by life events such as exams or relationships



Ongoing symptoms of emotional stress beginning to impact on your daily life. This is the recommended time to start seeking help & support



Symptoms are intense and ongoing, disrupting daily life and ability to function.



Suicidal thoughts, psychosis, at risk of harming yourself or other people. Get help!

← WELL

UNWELL →

When you **breathe deeply**, it sends a message to your brain to calm down and relax.

4 - 4 - 8
BREATHING



- Lay or sit with one hand on your chest and another on your belly.
- Take a deep slow breath from your belly, counting to 4 as you breath in.
- Hold your breath while mentally counting 4.
- Release your breath completely and slowly, while silently counting from 7.
- Repeat 3 to 7 times or until you feel calm.

STOPPP

Stop

Take a Breath

Observe

Pull Back

Practice

“Between stimulus and response there is a space. In that space lies our freedom to choose our response. In our response lies our growth and our freedom” Viktor Frankl



GROUNDING EXERCISE



5



4



3



2



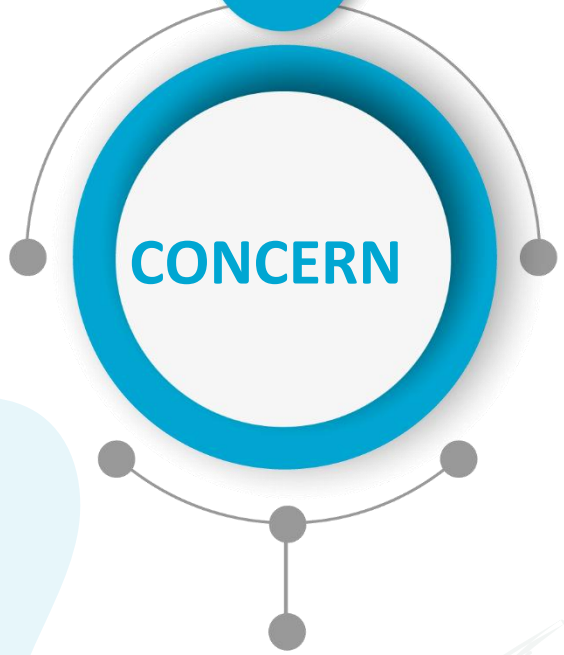
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SUPPORTING OTHERS



C



Show concern and describe with facts.

A



Agree on action(s) that is supportive and non-judgmental.

R



Get additional support so Refer the individual to EAP, HR, Samaritans, GP etc. – ask what is right for the individual.

E



Empower the individual to seek support and encourage helpful behaviours.

S

Sitting facing the employee squarely, at an angle.

O

Adopting an open posture, arms and legs uncrossed.

L

Leaning (at times) towards the person.

E

Maintaining good eye contact, without staring.

R

Relaxed posture.



- Listen patiently
- Even if you don't agree – show acceptance, not necessarily agreement.
- Nodding – “ I see or I understand”
- “I can hear that you have been going a tough time, please tell me more so I can understand”
- Listening = Learning



Questions



What to say

- How are you doing at the moment?
- You seem a bit down/upset/under pressure/frustrated. Is everything okay?
- I've noticed you've been arriving late recently and I wondered if you're okay?
- Is there anything I can do to help?
- What would you like to happen? How?
- What support do you think might help?
- Have you spoken with your GP or looked for help anywhere else?

SELF-CARE PRACTICES



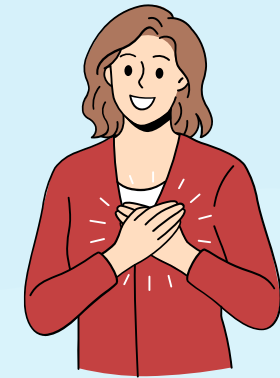
COMMON SELF-CARE PRACTICES



Social support from friends & family



Journaling or writing



Gratitude & self-compassion practice



Mindfulness and Meditation



Me-time activities e.g face masks, reading, playing video games



Physical Activity

- 7 daily activities to optimize your wellbeing.
- The sections are not time bound.
- We are all different.
- Take into consideration your current life situation .



“Build awareness of your own needs”
Rock & Siegel (2011)

THANK YOU

