

#EMPOWER HALFHOUR



MHFA England

Take **30 MINUTES**
to try these activities
to boost your
wellbeing at work!

MOTIVATE

Group games and goals can help bring people together:

- Scavenger hunt
- Team quiz
- Goal setting: what will bring you closer as a team?



MOVE

Get active, a healthy body helps a healthy mind so why not:

- Set up a walking meeting
- Try chair yoga
- Bring in a fitness instructor for a lunchtime group class



SHARE

Connect with colleagues by discussing your life outside of work.

- What are your:
- Secret skills
 - Much-loved hobbies
 - Weekend plans



BOND

Show your support for your teammates:

- Take turns to discuss each person's best qualities
- Invite someone new for coffee or lunch
- Share lunch with colleagues - each bring a different dish



DISCOVER

Open your mind and calm your thoughts:

- Try mindfulness as a team
- Explore meditation
- Turn off your tech! No apps, no emails, no talking - let your mind quieten



MHFA England has a vision to improve the mental health of the nation.

Visit mhfaengland.org to learn more and join in online with **#EmpowerHalfHour**.



**SUPPORTING
MENTAL
HEALTH
AWARENESS
WEEK**

13-19 MAY