

## Wellbeing and Mental Health Campaign



Mental health is about how we think, feel and behave, and mental health issues can present themselves in many ways.

Our [Wellbeing](#) pages provide a variety of useful internal and external information, resources, and guidance for support on a range of matters, including the menopause, mental health, bereavement, sleep, and smoking.

- [Physical and Mental Health | Viva Engage \(Yammer\)](#)
- [Pause to Talk Sessions | Viva Engage \(Yammer\)](#)
- [Stress and Wellbeing Training | Viva Engage \(Yammer\)](#)



Posted in All Company


**Jodie Rushton**  
Feb 27  
Seen by 1,985

**February HS&W Campaign  
Stress and Wellbeing**

Our physical and mental health have a huge influence on one another. Maintaining a healthy lifestyle can help both our physical and mental health and wellbeing. Here's some tips to support a healthy lifestyle:

- Join a sports club
- Get a good night's sleep
- Get help to stop smoking
- Take part in online fitness classes
- Eat a healthy balanced diet
- Increase your exercise
- Connect with people both inside and outside of work

Remember to be kind to yourself and set yourself realistic goals when aiming to improve your physical health.



**Susan Williamson**  
Feb 13  
1 share • Seen by 428

**February HS&W Campaign  
Stress and Wellbeing**

Do you know how to access information for managing stress, either for yourself and or to enable you to support someone else?

Information provides opportunities to improve our understanding of the causes of stress and support that is available.

Support can help us to improve our own wellbeing, to reduce absences, improve morale, and our overall understanding of this important subject.

Useful training links seen below are designed for both individuals and managers to access, via the Learning Hub, Intranet - online, face-face and in e-learning formats.

- Mental Health First Aider Training (MHFA)
- Managing Pressure, Stress, and Wellbeing workshop
- Anxiety Awareness
- Sleep and Mental Wellbeing
- Managing Stress
- Mindfulness Now
- Personal Resilience (e-learning)
- Menopause Training
- Menopause Awareness for Managers
- Addressing Men's Mental Health
- Assertive Communication

Employees with managerial responsibilities can also access further information in the Managers Digest and on the Intranet Page within the Leadership Behaviours Framework section themed 'Feel' (adopting a compassionate leadership style).

Also see for further links and information on the Wellbeing Intranet Pages.

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**Holly Lancaster**  
Feb 2  
Seen by 2,286

**February HS&W Campaign  
Stress and Wellbeing**

If you feel you need to talk to someone, please consider booking a 'Pause to Talk' session with the Wellbeing team. The council's wellbeing service are offering 30-minute 'Pause to Talk' appointments with a trained Wellbeing Advisor, to have a confidential conversation about your mental wellbeing. This service is open to all employees within the council.

To arrange an appointment please email [counsellingandwellbeing@leics.gov.uk](mailto:counsellingandwellbeing@leics.gov.uk), with the subject header 'Pause to Talk' and the Wellbeing team will arrange a time for you.

For more Wellbeing resources please see the [wellbeing intranet page](#).



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