

“One of the most powerful networking practices is to provide immediate value to a new connection. This means the moment you identify a way to help someone, take action.”

- Lewis Howes



Thank you for joining today's **Be Social Wellbeing** pillar and taking the time to contribute towards your self-care. Here are a few key points from today's session on **R U Ok?**

To get a grasp on Engagement with Others it is important to:

- Ask yourself if you think that having a conversation can change someone's life?
- Remember that if you are struggling mental wellness, you are not alone. Research surveys show that 40% of people are feeling physically and emotionally isolated – and need / want more human connection.
- Check in with your colleagues – both personally and professionally. Ask them how they are really doing. Ask them: “R U Ok?”
- Make yourself available to colleagues, family and friends. Listen with care and compassion – you could be saving someone's life.
- Allow yourself to be vulnerable and honest about your current state of mental health. This will allow others to open up and share. Inspire others!
- Be careful of saying I am ok – when you are not. Learn to be brave when sharing your mental state.
- Change your attitude to be more proactive, and learn to face any internal fears or stigmas regarding mental health.
- Be creative in connecting with others – create a Check In group on WhatsApp, use a Feelings Chart, or use apps that are available such as Calm.
- Increase your levels of self-awareness & learn to give yourself a break. If you are feeling exhausted or down, go for a walk or prepare yourself a healthy meal.
- Remember that understanding is the route of compassion and wisdom.

Steps to take when Engaging with Others:

- **Ask:** Are you ok? Mention changes in behaviour that you may have noticed e.g. I notice that you have been very quiet lately.
- **ListenTake** was is being said seriously, without interruption or judgement.
- **Encourage Action:** Find out what the person has done to handle similar situations.
- **Offer support** without trying to fix.
- **Check in Regularly:** Put reminders in place if necessary. Genuine care and concern can make a big difference.

Loving Kindness Practice - Sanity Sanitiser:

20 second practice you can do whilst washing your hands

May **I** be healthy, happy and safe
 May **YOU** be happy healthy and safe
 May **WE** all be happy healthy and safe

Homework:

Practise Deep Breathing every day for 3 to 5 minutes.
 Make time to connect meaningfully with at least one person every day, and give them your full attention.
 Exercise, & eat healthily.