

Time to Change – Begins at Home



10 minutes for the calling and 15 – 20 minutes for the team discussion

Key message:

We often fall into a habit of getting used to the people we live with (our partners, parents, siblings, children, housemates etc.) and so often neglect to really check in with them or ask how they are and sometimes to tell them that we care about them. The tiny ways we take our loved ones for granted can add up and have a negative effect on our relationships.

Activity:

This activity is simply to call someone or encourage others to call someone that you / they live with and care about. Check in to see how loved ones really are and tell them that you care about them and value them.

If you are unable to call, even a text is better than nothing. For example if you are a parent with teenage children, maybe you can text them to tell them that you love them and care about them.

Tell your partner how much you love them and say why. How about calling your housemates and telling them what you appreciate about them.

To add a 'work twist' on this, a team could decide on a specific time to make these calls / texts. For example all make a call / leave voicemail / text at 11 am. You can then also start a discussion on how influential our loved ones can be on our mental health.

Be sure to have support available – such as signposting information to support services

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Food for thought:

- Encourage people to notice how they feel after making that call / text.
- Some people may feel uncomfortable doing this so always have opt out option. Encourage people to do it another time. Check in with the reluctant colleague and there maybe things going on that could potentially affect their mental health.
- Start a discussion on how influential our loved ones can be on our mental health.

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