

How do we chill?



15 minutes

Key message: Encouraging people to share how they relax after a tough day is a good way to start talking about mental health. People also can be inspired by each other's ideas.

Activity:

This activity is designed to help an audience think about their wellbeing potentially leading to a conversation about mental health.

What you need to do:

This activity works best with a group of people, for example at a team meeting or briefing. Simply ask people what they do to relax after a tough day. Facilitate discussion by asking mental health related questions – such as;

- If you don't take the time to relax what happens and how do you end up feeling?
- How would that then affect you overall and what do you tell yourself?

At the end you can offer to write up all ways to relax and send it to everyone via email, or each person to email all with how they relax. This way there is an opportunity to follow up.



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