PUSH FOR BETTER WORKPLACE MENTAL HEALTH

The Push-Up Challenge is getting people active, raising awareness of mental health, fostering social connection and promoting health and wellbeing.

All workplaces can play a role in encouraging conversations about mental health and wellbeing. The following conversation starters will help managers, supervisors or health and wellbeing professionals initiate conversations about mental health during The Push-Up Challenge.

Note: discussion points can be covered all together as a 'one-off' or separated into multiple sessions (eg. weekly).

Get the conversation started. Ask colleagues:

What do you think when you hear the words "mental health"?

Notes for facilitator:

- Responses are often mental illness focused (eg. depression, anxiety).
- Some people may suggest words associated with strong mental health and wellbeing such as 'happy' or 'resilient'.
- Encourage the team to group responses into mental wellbeing and mental health challenges.

Discussion Points

There is no wellbeing without mental wellbeing.
Mental wellbeing is much more than merely the absence of mental illness. Good mental health is a state of wellbeing in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community[1].

Unfortunately, not all of us enjoy good mental health all of the time.
One out of every two people in the world will develop a mental health disorder in their lifetime[2].

Mental illness does not discriminate.
It doesn't matter your gender, age, ethnicity or level of success – mental illness can affect anyone[3].

The sooner you seek help, the sooner you can recover.
With increased awareness, understanding, open conversations, and better direct support and resources, we can reduce stigma and encourage everyone to get the help they deserve at the right time.

Notes for facilitator: If your workplace has an Employee Assistance Program, make contact details available.

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THE PUSH UP CHALLENGE

We can all do things to boost our mental health.

Just like we try our best to look after our physical health, there are lots of things we can do to look after our mental health. Deliberately taking action to look after your mental health and wellbeing will help you cope better when stressful events happen, and you will enjoy a more meaningful and positive life.

Keep the conversation going and ask colleagues:

What do you do to look after your mental health? Or perhaps, what would you like to do more of?

Take time to look after your mental health every day:

- Connect with people
- Be active
- Eat well
- Spend time in nature
- Take up a hobby or a cause
- Get enough sleep
- Limit alcohol & other drugs
- Learn new coping skills

SAMARITANS

For more useful information and support:

Contact Samaritans - Whatever you're going through, a Samaritan will face it with you. They're available 24 hours a day, 365 days a year.

Call 116 123 for free.

References:

1. World Health Organisation (WHO) 2018, Mental Health, Strengthening our Response, Fact Sheet.
2. Harvard Medical School 2023, Large-scale study based on surveys in 29 nations.
3. American Psychiatric Association (APA) 2018 What is Mental Fitness?