

Mental Health Awareness Week 2022

Monday 9 May	Tuesday 10 May	Wednesday 11 May	Thursday 12 May	Friday 13 May	Saturday 14 May	Sunday 15 May
<p>Discovering Self Compassion 10:00-11:00am</p> <p>Join Mind to develop strategies to support your mental health in everyday life through self compassion.</p> <p>BOOK HERE</p>	<p>Morning Booster: Stress Bucket 9:00-9:30am</p> <p>Join Mind to relieve any stress before your day begins.</p> <p>BOOK HERE</p>	<p>Yoga with Nuffield 7:00-7:45am</p> <p>Join Justine for an early morning yoga class to start your day right!</p> <p>BOOK HERE</p>	<p>Morning Booster: Circles of Control 7:00-7:30am</p> <p>Join Mind to learn about managing situations we have control over and those we don't.</p> <p>BOOK HERE</p>	<p>Body Conditioning with Nuffield 8:00-8:30am</p> <p>Join Justine for an energetic start to your morning.</p> <p>BOOK HERE</p>	<p>Pods & Plods Podcast Co-op Academy Teaching Staff</p> <p>CLICK HERE</p> <p>Shine a Light on... Strive</p> <p>CLICK HERE</p> <p>Beyond a Book podcast: Aspire discuss "Lost Connections"</p> <p>CLICK HERE</p>	<p>Pods & Plods Podcast Co-op Colleagues</p> <p>CLICK HERE</p> <p>Shine a Light on... Your Colleague Wellbeing Offer</p> <p>CLICK HERE</p>
<p>Pods & Plods Podcast Co-op Wellbeing Team</p> <p>CLICK HERE</p> <p>Hussain Manaver - Lonely</p> <p>A powerful short film to normalise asking for help to overcome loneliness. Join Hussain live on Tuesday.</p> <p>CLICK HERE</p> <p>Shine a Light on... Represent</p> <p>CLICK HERE</p>	<p>Hussain Manaver 2:00-2:40pm</p> <p>Following collaborations with Oprah & Marcus Rashford, Hussain joins us to discuss mental health and the challenges we face day to day.</p> <p>BOOK HERE</p>	<p>Tea & Talk 3:00-4:00pm</p> <p>A virtual space for colleagues across the business to come together for a cuppa and a chat.</p> <p>BOOK HERE</p>	<p>Lunchtime Yoga 12:00-1:00pm</p> <p>Join Feather & Rock Yoga for a midday booster.</p> <p>BOOK HERE</p>	<p>Morning Booster: The Power of Positivity 9:00-9:30am</p> <p>Join Mind to form new habits for a more positive outlook.</p> <p>BOOK HERE</p>		
	<p>Pods & Plods Podcast Co-op Academy Pupils</p> <p>CLICK HERE</p> <p>Living and Eating Well with Dr Sleep</p> <p>CLICK HERE</p> <p>Shine a Light on... Rise</p> <p>CLICK HERE</p>	<p>Evening Booster: Breathwork & Relaxation 6:00-6:30pm</p> <p>Join Mind to learn some breathing techniques for calm and self-care.</p> <p>BOOK HERE</p>	<p>Women's Health Through The Years 1:00-2:00pm</p> <p>Join Wellbeing of Women along with Aspire and PACT, to discuss women's health through the life course.</p> <p>BOOK HERE</p>	<p>Pods & Plods Podcast Supporting you through Bereavement with Cruse</p> <p>CLICK HERE</p> <p>Shine a Light on... Respect</p> <p>CLICK HERE</p> <p>Podcast: Tackling Loneliness Digitally</p> <p>CLICK HERE</p>		
		<p>Pods & Plods Podcast Co-op Colleagues</p> <p>CLICK HERE</p> <p>Family Activity Pack</p> <p>CLICK HERE</p> <p>Shine a Light on... PACT</p> <p>CLICK HERE</p>	<p>Pods & Plods Podcast Getting Money off your Mind</p> <p>CLICK HERE</p> <p>Shine a Light on... Aspire</p> <p>CLICK HERE</p> <p>Get your Wellbeing Score with our Mental Health Quiz</p>			



Find more resources and bonus content throughout the week on the Colleague Site here

