



Week 1 – An Introduction to the Programme

At Block Recruit we are on a mission to help all candidates and clients in the sector become more resilient and happy people.

Following on from Zoe's talks at the IRPM Regionals raising awareness on Wellbeing and Mental Health in Block Management, we have put together a "12 Weeks of Wellbeing" programme.

In this series, we will share different exercises each week for you to try. If we help one person who is having a particularly bad day, our mission will be worthwhile.

Not convinced you should take part?

Watch this video which is an insightful message from our in-house therapist and author of "Walk with your Wolf" Jonathan Hoban, who talks about the importance of wellbeing and mental health awareness.

<https://vimeo.com/373405279>

If you're not doing it for yourself, maybe you could help the person sitting right next to you that is going through a struggle you are not even aware of.

Compassion and kindness are free to give!

So that you can see you are making progress it's good to start with looking at where you are now. Take five minutes today and mark where you are.

Don't feel like you have time?

We spend a lot of our time putting everything and everyone before ourselves, now it's time to put YOU at the top of that priority list!

After all, if you're not ok, how can you look after everyone else.

Mark yourself out of 10 for each of the following areas. 1 being your lowest score and 10 being your highest

How well do you react to stressful situations at work?	
How quickly do you let go of stress from your day?	
How grateful do you feel at present?	
Do you have exercises you can use in times of stress?	
Do you know what helps calm your mind?	
How calm is your mind right now?	
How assertive are you?	
Do you put boundaries in with colleagues, friends & family?	
Do you know how to process your anger in a healthy way?	
Do you know what foods help to lift your mood?	
Do you know what foods aid focus and high performance?	
Do you make time for your own Wellbeing?	