

TOP TIPS TO HELP CREATE A MORE CARING WORKPLACE

TIP 1



TAKE UP A KINDNESS CHALLENGE

Helping others is not only kind but can help to reduce stress and improve your own emotional health. Try an act of kindness every day of the week, and see how many you can complete as a team. You can find inspiration online, where there are 'acts of kindness calendars' with ideas to help you get started.

TIP 2



LISTEN, AND FEEL LISTENED TO

People who actively listen or 'listen to understand', have been shown to have better, happier relationships with others. By practising active listening, whereby we allow pauses, maintain eye contact, postpone a response, and seek further clarification, we can help a person feel valued and understood.

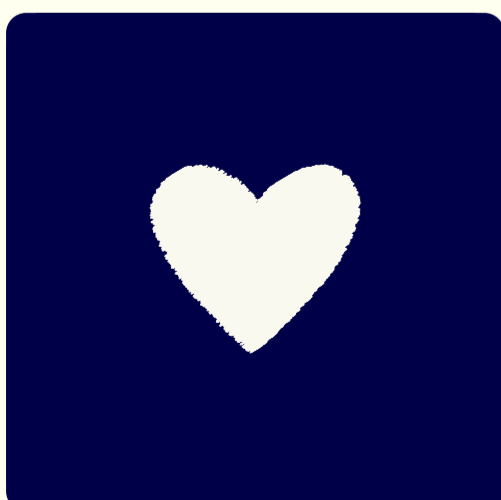
TIP 3



SUPPORT YOUR PEERS

Whether this is in a formal capacity (many workplaces now have mentoring schemes), or by sharing your knowledge or experience informally, don't underestimate how much peer support can contribute to workplace wellbeing. Indeed it's the number one thing people mention when talking about why they love their work.

TIP 4



CARING FOR SELF

Although the last tip, by no means is it the least important! Standing up to our inner critic is challenging but can help to reduce anxiety and is highly beneficial to our mental wellbeing. Practising techniques such as mindfulness, where we focus on the present moment, can help us to be more gentle and accepting of ourselves, even when we make mistakes.

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