

Learning Digest

Created in collaboration with Leadership, Talent and Inclusion

Edition 1: May 2021

Welcome to the very first edition of our Learning Digest!

In this first edition we focus on **Mental Health Awareness Week, 10th – 16th May, with the theme of 'nature'**. [Watch this short video](#) to find out how nature can help improve mental health.

Our lives are changing as a result of the pandemic and now more than ever it's important that we take care of ourselves and others.

On the right, you'll find links to short videos, guides and events to support your mental health this week and beyond.

Grab a cuppa, take some time out for yourself and your learning, and [let us know what you think!](#)



Mental Health Awareness Week 10th – 16th May 2021

In many ways, mental health is just like physical health: everybody has it and we need to take care of it. Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

Experiencing a mental health problem can be upsetting, confusing and frightening. In fact, mental health problems are a common human experience, affecting **one in four people in any given year**. They range from common problems, such as [depression](#) and [anxiety](#), to rare problems such as [schizophrenia](#) and [bipolar disorder](#).

Most people know someone who has experienced a mental health problem. They can happen to all kinds of people from all walks of life. It's likely that, when you find a combination of [self-care](#), [treatment](#) and [support](#) that works for you, you will [get better](#). Check out our [Looking After our People page](#) for further support.

[Why Nature is the theme for Mental Health Awareness Week 2021?](#)

During this week, the Mental Health Foundation are asking you to do three things:

1. **Experience nature:** take time to recognise and grow your connection with nature, notice and celebrate nature in your daily life. You might be surprised by what you notice!
2. **Share nature:** take a photo, video or sound recording and share the connections you've made to inspire others. Share how you're connecting with nature using [#ConnectWithNature](#) [#MentalHealthAwarenessWeek](#)
3. **Talk about nature:** use tips, research and policy guides to discuss in your family, workplace and community how you can help encourage others to connect with nature and improve their mental health.

Leadership Espresso and Learning Events

[Thriving, Hiving and Surviving](#)
12 May 12:30-1:15pm

[Mental Health and Wellbeing Espresso](#)
13 May 10-11:30am

[Talking therapies:](#)
Primary Care coaching,
Christian counselling,
Muslim counselling and more.

Learning Resources

Leadership Shorts (videos)

- ◆ [Psychological Safety](#)
- ◆ [Grounding Exercise](#)
- ◆ [Polarities](#)
- ◆ [PTSD & Burnout](#)
- ◆ [Levels of Resilience](#)
- ◆ [Resilience-Busting Myths](#)
- ◆ [Building Your Resilience](#)

Leadership Bites (guides)
Wellbeing:

- ◆ [Mental Energy](#)
- ◆ [Conversations](#)
- ◆ [Top tips](#)

Learning from experts

- ◆ [Men and Mental Health](#)
- ◆ [Underrepresented groups and Mental Health](#)
- ◆ [More...](#)

[Bitesize Learning](#)



National Offers

Our NHS People: [Access a wide range of resources](#) and support available for NHS staff to help you manage your own health and wellbeing whilst looking after others, including guides, wellbeing apps, confidential and peer support.

Mental Health First Aid England (MHFA): Explore more topics on workplace mental health, [watch recorded webinars](#) including *Learning from Covid-19: what does mental health at work look like in 2021?* and *Supporting the mental health of People of Colour and Black colleagues* or access [additional free resources](#), such as the newly launched [My Whole Self MOT](#) designed to help you and your colleagues check in with your mental health.

Mental Health Hubs offer fast, free and confidential psychological assessment and support across the South East.