

Mental Wellbeing

Toolbox Talk MH02



Mental wellbeing describes your mental state; how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing can change from day to day, month to month or even year to year.

If you have good mental wellbeing (or good mental health), you are able to:

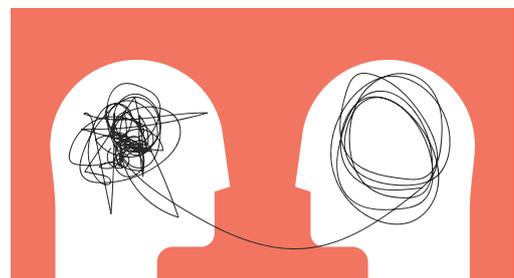
- Feel relatively confident in yourself
- Feel and express a range of emotions
- Build and maintain positive relationships with other people
- Live and work productively
- Cope with the stresses of daily life and manage in times of change and uncertainty

Mental Wellbeing is just as important as physical wellbeing, and maintaining both is an important part of staying fit and healthy.

“Talking about feelings is difficult when it feels you’re admitting a weakness”

Increasingly busy lifestyles mean that mental wellbeing can be affected by many different things, for example;

- Suffering some sort of loss or bereavement
- Having relationship or family problems
- Being worried about money
- Work related factors such as stress
- Experiencing loneliness



Sometimes, there is no clear reason why we experience a period of poor mental wellbeing.

It is important to look after your mental wellbeing on a day to day basis and not just after experiencing big, traumatic events. Staying mentally well by building resilience can reduce your chances of mental health problems like depression, anxiety and stress.

“Every single working day, two construction workers take their own lives”

“At any one time one worker in six will be experiencing depression, anxiety, or problems relating to stress.”

Mental Health Top Tips!

Eight ways to achieve better wellbeing

Talking being open with people I trust about how I'm feeling	Exercising looking after my body, playing sport, eating healthy	Calming trying meditation, good sleep habits i.e. turning my phone off early	Learning a new skill, a great way to gain confidence
Relating spending time with the people I care about	Contributing helping others or contributing to causes I believe in	Creating expressing myself creatively e.g. music, art, drama, writing	Congratulating being kind to myself, or listing the qualities I value in myself

You don't have to be an expert to support someone with a mental health problem!

- Continue to be friendly
- Ask them how they are and what support they need
- Remember their strengths as well as their problems
- One kind act / word can make a big difference
- Make a stand against stigma and discrimination

