



## Workplace Wellbeing Champion. Toolkit. February 2025

- Our guest speaker, Louise Dillon from Armadillo Social
- Up and coming wellbeing days to celebrate and inspire you
- Take a moment to reflect

Thank you so much to Louise and her insights today on supporting grief in the workplace.

In summary of the talk:

88% of people felt alone in their grief

51% of people feared saying the wrong thing

Things to remember:

- Grief looks different to everyone
- Grief has physical and mental effects on the body
- You can offer help to someone who is grieving
  - Grief is expensive, can the organisation pay a bonus early?
  - Can you send food vouchers, a supermarket shop or make some food for the grieving family?
  - Life changes, the person who provided childcare for your employee may have died, therefore childcare provisions need to be made, can flexible working be offered
  - Grief doesn't have a timescale
  - Allow rest time
  - Plan a phased return to work
  - There are secondary losses to grief; not being as competent in the job pre-death
- Saying 'I'm sorry' is enough. You won't upset a grieving person further. They're already upset.
- Take a look at your workplace policy on grief. Is it flexible, supportive, accommodating to the individual?

Want to know how Lousie can support you and your workplace, book in a 30-minute call with her. [Click here.](#)

Join our [WhatsApp](#) Community chat:

<https://chat.whatsapp.com/lcnXOveuAsE4rjo4tlmvCs>



Share your thoughts, suggestions comments and updates from the meeting/guest speaker. We'd love to hear from you!

### YOUR QUESTIONS ANSWERED

Do you have a question to ask? Request a topic/speaker? Please drop an email to [wendy@garrettlearning.co.uk](mailto:wendy@garrettlearning.co.uk). We look forward to hearing from you.



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Please follow this [link](#).

We value your feedback.

Thank you for your time.  
See you next month, Wendy



### Upcoming Mental Health and Wellbeing Days:

(For February - Please see the January toolkit)

#### March 8th: International Women's Day

Since 1911 we've been celebrating Women's achievements. We're raising awareness about discrimination.

- Share empowering stories of successful women in your community
- Come together and celebrate each other in a safe space
- Take a look at these [resources](#) for inspiration

#### March 11th: My Whole Self Day

- [Toolkit](#) by MHFA England
- Watch the MHFA [Webinar: Leading teams to bring their whole selves to work](#) 11/03/2025 at 10am-11am.

#### March 14th: World Sleep Day

- Share the [importance of sleep](#)
- Top tips to improve sleep from the [NHS](#)
- Encourage people to track their sleeping patterns and how they feel when they sleep more or less than normal. We set an alarm to wake up, however do we set a 'bed time' to go to sleep by?

#### March 20th: International Day of Happiness

- Read the history of the day from the [United Nations](#)
- Share the [Action for Happiness Calendar](#)
- Take a look at the [World Happiness Report](#) from 2024

#### April 2nd: International Children's Book Day

- Gift a book to a nursery, hospital or children's charity
- Share a story about your favourite children's book
- [Download](#) a poster/flyer and share it

### What's coming up?

We look forward to welcoming you to the next Workplace Wellbeing Champion meeting on: **Monday 10th March 2025 14:00-14:50 GMT**. We'll be joined by guest speaker Shirley Lane from Balancing Butterflies who will be raising awareness of men's and women's menopause. Get connected via: [LinkedIn](#) and visit the [Website](#)

**Monday 14th April** - \*Time change going forward \* One hour earlier: 13:00-13:50 GMT for a Champions Chat!

**Monday 12th May** - Guest speaker, [Amy Woodcock](#) from Naturally Grown Health. Amy will be sharing her knowledge about nutrition and wellbeing and skin care.

**Monday 9th June** - Champions Chat!

**See you soon!**