

Workplace Well-being Hero Toolkit. September 2024

- Top tips from the 'Declutter Queen' Stephanie-Jane Home Alignments.
- International Awareness days
- What's coming up! - World Mental Health Day

Welcome to September!

This month's guest speaker was Stephanie from Stephanie-Jane Home Alignments.

We loved the top tips shared!

- 1) Start small, clear out a draw, cupboard or small area first
- 2) Set your intention for success. Ask yourself why you are clearing out the area
- 3) Get people on board with the change. How do they feel about the space. Delegate jobs to those who have strengths in that area.
- 4) Ask yourself these questions when decluttering: What is your connection to the item? Is it useful, functional, broken? Do you have an emotional attachment to the item? Does it work/fit? What is its purpose? - These questions can be applied to the work and home environment.
- 5) Celebrate your success and share these with Steph in her Facebook Group:
<https://www.facebook.com/groups/stephaniejanehomealignmentspecialist>

Find out more from Steph at:

Website: <https://sjhomealignments.co.uk/>

LinkedIn: <https://www.linkedin.com/in/sjhomealignments/>

Instagram:

www.instagram.com/stephanie_jane.homealignments/

Buy the planner: <https://doxzoo.com/shared-products/8a2903d2>

Visit Etsy: <https://www.etsy.com/uk/shop/SJHomeAlignments>

We look forward to welcoming you to the next Workplace Wellbeing Hero meeting on: **Monday 12th October 2-3pm GMT**

We'll be joined by guest speaker, Kate Bennett - The HR Hero who will share why wellbeing in the workplace is so important.

Get connected with Kate:

LinkedIn: <https://www.linkedin.com/in/thehrhero/>

Website: <https://www.thehrhero.co.uk/>

YOUR QUESTIONS ANSWERED

Do you have a question to ask? Please submit this to wendy@garrettlearning.co.uk before the next Workplace Wellbeing Hero meet.

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!



Upcoming Mental Health and Wellbeing Days:

10th September - World Suicide Prevention Day

- Raise awareness with the [Samaritans](#)
- Talk about suicide with [Payarus](#)
- MHFA England 'Just about coping' [podcast](#) with Jonny Benjamin Talking about suicide

23-27th September - International week of Happiness at Work.

- Share stories about why you love what you do
- [Read more](#)

18th September - National Fitness Day

- Plan '[Movement](#)' activities during the day
- Share with your colleagues a fitness programme that you follow and the benefits you feel from a mental health and physical health perspective
- Invite a local gym to come in and talk to your teams

Thursday 10th October. World Mental Health Day. 'It is time to prioritise mental health in the workplace'

- Take a free course with [Mind](#)
- Read up on [World Mental Health Day](#)
- Run a team [activity](#): What is in your stress container?
- Find useful resources from [MHFA England here](#)

See the full [list](#) of international days

Raise awareness and **invite your team** to the quarterly online workshop on Monday 14th October 2024 15:00-16:00. GMT

This year's World Mental Health Day Theme is 'It's Time to Prioritise Mental Health In the Workplace.'

Join [Garrett Learning](#) and The [Workplace Wellbeing Heroes](#) as we talk about:

- What does mental health in the workplace look like
- How we can support our people, starting with the conversation
- We'll think about employee wellbeing plus time for questions and answers

[Register](#) in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZEudOqopjgpEtWON6GvdVue_NZXLjARv4Up



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Please follow this [link](#).

We value your feedback.

Thank you for your time.

See you next month, Wendy

