It's OK not to be OK.

Talking helps. These services are free, confidential and there for anyone in the UK.

SAMARITANS

Call 116 123

Free, any time, day or night.

SHOUT

Text SHOUT to 85258

Free, any time.

NHS 111

Call 111

Choose the mental health option. In Northern Ireland, call Lifeline on 0808 808 8000.

EMERGENCY

Call 999

Or go to A&E, if a life is at risk.

SUPPORT HERE AT WORK

Talk to

Employee assistance programme

Other support

Helpline details checked 17 November 2026.

FREE 2-MINUTE CHECK-IN

How are you doing this week?

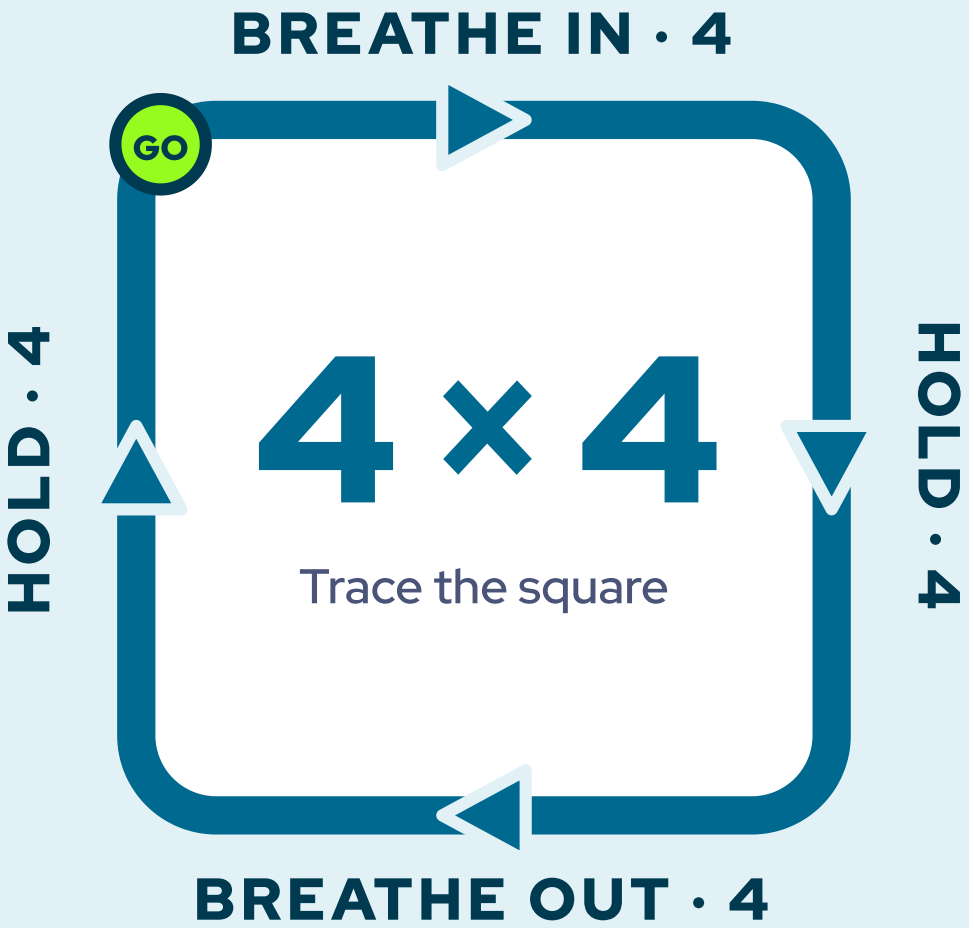
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Feeling tense? Breathe in a box.

Four even counts to slow your breathing down. Nobody can tell you're doing it.



Repeat four times, or for about a minute. If four feels too long, count to three.

FREE 2-MINUTE CHECK-IN

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Is your bucket nearly full?

Everything that puts pressure on you pours in, and small things add up. Open a tap before it overflows.



TAPS THAT HELP

- Sleep and rest
- Move your body
- Talk to someone you trust
- Get outside
- Do something absorbing
- Say no to something
- Ask for practical help

TAPS THAT REFILL THE BUCKET

- Drinking more than usual
- Working late to catch up
- Cancelling plans
- Scrolling at 1am

Based on the stress vulnerability model (Brabban and Turkington).

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How are you?

No, really?

If a colleague doesn't seem themselves, you don't need the perfect words. You just need to ask.



1. **Ask twice.** "Fine" is often the first answer, not the real one.
2. **Find a quiet moment.** A walk or a brew works well.
3. **Listen more than you talk.** You don't have to fix it.
4. **Ask what would help.** Let them lead.
5. **Check in again** in a few days.

If someone is in immediate danger, call 999. Samaritans are free on 116 123, any time.

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Five ways to feel better.

Five simple, evidence-based actions that help people feel good and cope well.

1

Connect

With the people around you.

2

Be active

In a way you enjoy.

3

Take notice

Of the world around you.

4

Keep learning

Something new, or something old.

5

Give

Your time, a kind word or a thank you.

The Five Ways to Wellbeing were developed by the New Economics Foundation (nef) for the UK Government's Foresight project, 2008.

FREE 2-MINUTE CHECK-IN

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Wellbeing is more than one thing.

Six areas shape how you feel. Which one needs a little attention this week?

Mind

How are your stress levels and mood?

Body

Are you sleeping, moving and eating well enough?

Relationships

Who have you really talked to this week?

Career

Does your work feel worthwhile and manageable?

Money

Are money worries taking up headspace?

Surroundings

Do the places you spend time help you feel good?

Tick the one that needs a little attention, and choose one small thing to change this week.

FREE 2-MINUTE CHECK-IN

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Too much at once? Come back to now.

Name these, silently or out loud. Be specific: the detail is what makes it work.

5	things you can **see**
4	things you can **feel**
3	things you can **hear**
2	things you can **smell**
1	thing you can **taste**

Lost count? Start again. There's no prize for finishing.

FREE 2-MINUTE CHECK-IN

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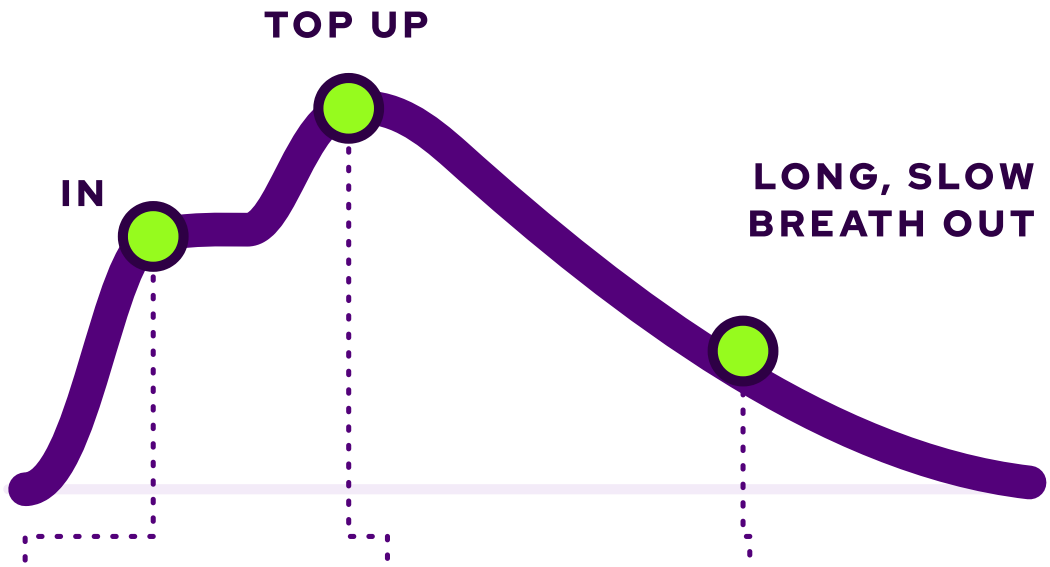
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Two breaths in. One long sigh out.

The quickest breathing technique we know for calming down. Two or three rounds can help within a minute.



1

Breathe in through your nose until your lungs feel full.

2

Top up with a second, shorter sip of air.

3

Breathe out slowly through your mouth, for as long as is comfortable.

REPEAT TWO OR THREE TIMES.

Also called cyclic sighing. In a 2023 Stanford University study it lifted mood more than other breathing exercises.

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Can't switch off? Wind down first.

Small changes to your day and evening can make a real difference to how well you sleep.

MORNING

Get up at the same time each day, even at weekends.

Get daylight as soon as you can.

AFTER LUNCH

Have your last coffee by early afternoon.

EVENING

Dim the lights an hour before bed.

Write tomorrow's to-do list, then put it away.

BEDTIME

Keep your bedroom cool, dark and quiet.

STILL AWAKE?

After 20 minutes, get up and do something calm until you feel sleepy.

If poor sleep goes on for weeks, talk to your GP.

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Step away. Come back better.

Short, regular breaks help you focus and feel less drained. Try one of these today.



Every 20 minutes
Look 20 feet away for 20 seconds.



Stand up
And stretch.



Get some daylight
Even for five minutes.



Drink some water



Eat lunch
Away from your screen.



Talk to someone
About something that isn't work.

The 20-20-20 rule helps screen-tired eyes.

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Sitting a while? Move for two minutes.

Gentle stretches you can do at your desk. Move slowly, and stop if anything hurts.



Shoulder rolls

Five back, then five forward.



Neck stretch

Ear towards shoulder, 15 seconds each side.



Seated twist

Sit tall, turn gently, 15 seconds each way.



Chest opener

Clasp your hands behind you and lift your chest.



Wrist stretch

Arm out, gently ease your fingers back.



Calf raises

Stand, rise onto your toes and lower, ten times.

If you have an injury or a health condition, check with your GP or physio first.

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Need a chat? I'm here to listen.

I'm one of your wellbeing champions. I'm not a counsellor, but I can listen and help you find the right support.

Hello, I'm YOUR WELLBEING CHAMPION

My name

Where to find me

Best time to catch me

WHAT I CAN DO

1. **Listen** without judging.
2. **Help you find** the right support.
3. **Check in with you** afterwards.

In a crisis, call Samaritans free on 116 123, or 999 in an emergency.

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