

Mind the brain

Holistic health & hormones

Online talk | 18 February



Mind the brain

This spring Aktivitetshuset focus on brain balance and mental wellbeing. We know from studies that mental ill-health is raising in the society. Stress, depression and exhaustion have increased during the last years and are one of the biggest future challenges.

How does living in a hyper connected world and a high-speed developing reality affect our brain balance and our mental wellbeing?

With theme Mind the brain, we want to empower co-workers to create healthy habits by better understanding how the brain works and how it affects our health and wellbeing. And we want to open up for dialogues about how we are really feeling, and how we can take care of our mental wellbeing.



Mind the brain in 6 minutes - click on the picture

Invite your organization

Find all communication material, including templates for outlook invitations by clicking [here!](#)

Get a taste of the program;

Holistic health & hormones - with Monika Björn
18 February, 10:00-11:00 CET

How our hormones affect every aspect of our physical and mental health including the health of the brain. What happens when our hormonal levels take a dive, for example due to lack of sleep, stress or aging and how does that affect our physical and mental health?

Let's talk about: Mental wellbeing

25 March, 10:00-11:00 CET

An online conversation about mental wellbeing and brain balance with IKEA leaders Pernilla Fältström, IKEA Svenska AB, Pär Gustafsson, Inter IKEA Systems, Peter van der Poel, IKEA of Sweden and Sara Schill, Market Manager IKEA Älmhult. What are their thoughts on mental wellbeing, both on a personal level and as leaders. And how can we, at IKEA, make it easier to talk about mental wellbeing.

Creating my wellbeing - with Ann-Sofie Forsmark

29 April, 10:00-11:00

An online workshop where you are guided step-by-step in individual reflection to get insights on how to create brain balance and improve your mental wellbeing.

Individual coaching

An opportunity to sign up for individual coaching with our IKEA pool of certified coaches. Coaching can help you to get new perspectives, challenge yourself, maximize your potential, overcome obstacles, set goals, and get support in reaching them. Our IKEA coaches have all been taking the professional education ACTP (Accredited Coach Training Program) by International Coach Federation, and is a resource for you!

[Find out more at \[aktivitetshusetalmhult.se\]\(https://aktivitetshusetalmhult.se\)](#)

follow us:   

Aktivitetshuset

Our house, yours and mine

Welcome new co-workers!

Aktivitetshuset is our house together, for IKEA colleagues, retirees and families. A place where we connect with each other, where we get active and refill our energy, where we enjoy good food, play and get creative. A house full of inspiration to feel good. So, spread the word to all new IKEA colleagues, welcome to Aktivitetshuset.

We have put together a PowerPoint slide, to include in your IKEA onboarding material, to stir up the curiosity! [You find it here!](#)

NEW! Boost your next kick-off

Now we introduce activity packages, to add an extra energy boost to your next workshop, kick-off or team meeting. With 'Move and Mind', you and your colleagues enjoy a morning of balance for both body and mind. With yoga, an energy boosting meal and then to end with a quiz or a workout. The second package, 'Play and Connect', is about unleashing your playful side and to get to know each other better when having fun together! More information and how to book will be available this spring on our website.

Brainfood

Focusing on brain health this spring, we have boosted our menu at SMAK with lots of brain food. Cabbage, fresh broccoli and green peas are filled with vitamins that are vital for your brain to function. Roasted beets and sweet potatoes lower blood pressure and is good for your memory and learning. With salmon you get useful omega-3 fats that are important for brain development and function. And of course, we will have blueberrys, or brainberrys as we call them.

Massage and relaxation at Aktivitetshuset

Together with our health therapists at Aktivitetshuset we offer different kinds of massage, naprapathy and trigger point treatment at affordable prices. The appointments are booked via our website and qualify for the IKEA Wellness allowance.

Get active together - outside

Save the date for week 11. Together with colleagues across IKEA we are planning for a week of happenings, to inspire outdoor activities.

We do this in connection with the well-known 'IKEA Active Together' challenge that will go on from 15 March to 26 April. An invite to sign up your company for 'IKEA Active Together' has been sent out to People & Culture within each IKEA company in Älmhult. Last day to sign up your company is 22 February.

New name for our workout schedule

To feel good and stay healthy we need to care for both body and mind. Our bodies need physical exercise to stay strong and our minds need recovery to handle all impressions during the day. Now we change the name of our workout schedule to the Health and wellbeing schedule, with both long and shorter sessions for both body and mind. [You find it here!](#)

NEW! Harmony Energy

Our latest addition to our schedule is combining physical exercise with mindfulness. Challenge your body with yoga-like movements while focusing on keeping a calm mind. A great way to get your body going while, at the same time, taking a break from the everyday buzz.

IKEA Fights Cancer 2022

It is time for IKEA Fights Cancer 2022. An opportunity to join Göteborgsvarvet, the worlds largest half marathon together with your colleagues and at the same time join the fight against cancer. The registration fee of 300 SEK goes straight to Mrs Berta Kamprads Foundation for cancer research. Communication material and information will be shared during February.

