For every thought, emotion or impression, your brain makes millions of connections every day. It's like a daily workout session, but in your mind. And just like after working out, we need to recharge and rest out minds to take care of our overall wellbeing. One way of doing so, is to reflect on, what you need, and how to care for your mental wellbeing. With this workshop participants will reflect on what mental wellbeing means for them and how to care for it. And together with colleagues, open up for dialogues around how we recharge and what we need to maintain balance and overall wellbeing.

Preparations

Book a place for the workshop, where the participants feel comfortable to share their thoughts and reflections. It can be good to sit in a circle, facing each other. Write down the questions where the participants can see them clearly. Ask participants to put away their phones and computers. The partcipants may need pen and paper to take personal notes. Please share with the participants that notes from the workshop will only be taken regarding the last question, how the team can support each other.

Let´s talk about: Mental wellbeing

Reflection session for team meetings

Time 1 hour 45 minutes

Aktivitetshuset

Workshop set-up

1. Start by watching the online talk for IKEA co-workers "Let´s talk about mental wellbeing", together. You find it here.

2. Give all participants 5-10 minutes to reflect individually around the five questions.

3. Discuss your thoughts in pairs for about 10-15 minutes.

4. Then share your reflections in the large group.

5. Follow up in your next team meeting.

Reflection questions

1. What does mental wellbeing mean to you?

2. How do you take care of your mental wellbeing in your everyday life?

3. Any challenges you want to share?

4. What best practice or habit have you found useful?

5. How can we in this team support each other?

Let´s talk about:
Mental wellbeing

Reflection session for team meetings

Time 1 hour 45 minutes

Aktivitetshuset