

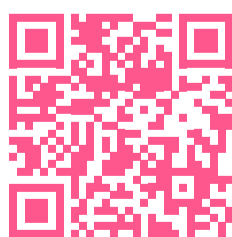
 IKEA co-workers

# Dare to care

It's ok to not be ok. Everyone has moments where life feels overwhelming, but it's important to take action if we feel stuck in sadness, grief, frustration or stress for too long. Are you or someone you know going through a tough time? You don't need to be a professional to help – a listening ear and a kind heart can go a long way.

Join us this spring and learn how brain chemistry affects our mood, and get hands-on tools for everyday self-care to support yourself, and people close to you.

Curious about our speakers or want to know more about our coming events? Scan the QR code or visit our website for more information and how to join.



 IKEA co-workers

# Dare to care

It's ok to not be ok. We all have our ups and downs. Join us this spring and get hands-on tools for everyday self-care to support yourself, and people close to you. Visit our website for more information about the online talks and how to join.



26 January, 10:00

## **High on life**

David JP Phillips



8 March, 10:00

## **My story**

Susanne Koerfer



12 April, 10:00

## **The psychologist's best advice**

Siri Helle



17 May, 10:00

## **Let's talk about**

Jenny Hjalmar Åkerblad  
& IKEA leaders



 IKEA co-workers

# High on life

## Online talk

26 January, 10:00

David JP Phillips

Can you decide to feel happy? According to world-famous speaker David JP Phillips, the answer is “yes”! During this talk, David will share how he learned to hack his lifelong depression, and how you can use his neuro-leadership tips to boost your mood, motivation, happiness, and energy levels whenever needed and with lasting effects.

Scan the QR code or visit our website for more information and how to join.



[www.aktivitetshusetalmhult.se](http://www.aktivitetshusetalmhult.se)

**Aktivitetshuset**

 IKEA co-workers

# My story

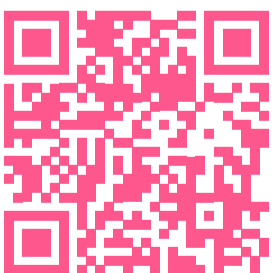
## Online talk

8 March, 10:00

Susanne Koerfer

Challenges and struggles are a part of life, and it's important to be open about them. Welcome to an honest, personal conversation with co-worker Susanne Koerfer, who will share how she has handled challenging life experiences and coping strategies that have helped her. We all have our stories, and Susanne will talk about the importance of caring, sharing and being there for each other.

Scan the QR code or visit our website for more information and how to join.



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**Aktivitetshuset**



 IKEA co-workers

# The psychologist's best advice

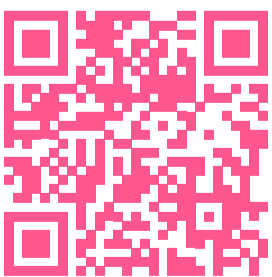
**Online talk**

12 April, 10:00

Siri Helle

Life is full of ups and downs, but it's essential to take care of ourselves and each other when we are going through something difficult. That's why we have asked Siri Helle, a celebrated Swedish psychologist, to join us and share her top tips and tools for boosting mental wellbeing.

Scan the QR code or visit our website for more information and how to join.



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**Aktivitetshuset**

 IKEA co-workers

# Do you want to be part of our audience?

**The psychologist's best advice**

12 April, 10:00

Siri Helle

Sign up for this unique opportunity to be part of the live audience at MUMS, for this online talk with Siri Helle, a celebrated Swedish psychologist, as she shares how to take care of ourselves and each other when we are going through something difficult in our lives.

Register by sending an email to:  
[emma.ekberg@inter.ikea.com](mailto:emma.ekberg@inter.ikea.com)



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# Let's talk about

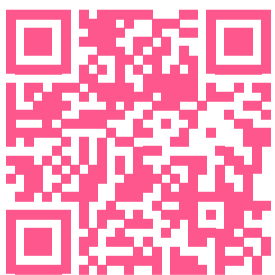
## Online dialogue

17 May, 10:00

Jenny Hjalmar Åkerblad  
& IKEA leaders

Let's create a safe space to talk about mental health. In this session, IKEA leaders together with Jenny will explore actions to boost our mental health and support our colleagues.

Scan the QR code or visit our website for more information and how to join.



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**Aktivitetshuset**