

Icebreakers



Below are some suggestions that you can use as ice-breakers in work meetings, or with friends and family to gently open up the conversation around mental health:

Stretching

Lead a group stretch before you tuck into your cake, to help everyone feel calmer and boost serotonin levels.

Describe how you are feeling today using a colour

Colours help us express our feelings when we might not have the right words.

Use an emoji to describe how you feel right now?

Again, this is a good way to express emotions without using words. You could even create a mood wall with different emojis and ask people to put their name against the emoticon that best displays their current state or mood.

Share nice feedback

Take a moment to write down something you admire about a friend or a colleague and share this with them, it'll be guaranteed to make their day.

Breathing exercises

The NHS recommends the following breathing exercise for stress, anxiety and panic – it takes just a few minutes and can be done anywhere.

- Step 1: Breathe in through your nose and count steadily from 1 to 5.
- Step 2: Breathe out through your nose, counting from 1 to 5 again.
- Step 3: Repeat for 5 minutes.

If this is your first time doing this exercise, you may not be able to get to 5 straight away, so just count up to whichever number is comfortable for you.

How are you feeling on a scale of 1-10?

With 1 being very low and 10 being fantastic, this is a good honesty exercise, and can help you reflect on what might be going on, especially if you're feeling a little out of sync.