










# Tips to Tune In at Work

- By yourself
- With your team
- With your org
- Stigma reduction

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>3</b> Spend 10 mins writing down your thoughts or ideas</p>	<p><b>4</b> Start your meeting off with a wellbeing check-in.</p> <p><a href="#">Link to wellbeing curve HERE</a></p>	<p><b>5</b> Ask a colleague what they need today and if you can help</p>	<p><b>6</b> Eat your lunch away from your desk - try somewhere new</p>	<p><b>7</b> Plan or help organise a lunch-and-learn on something that you're passionate about</p>	<p><b>1</b> Start your month with a mindfulness activity</p> <p><a href="#">Link to video HERE</a></p> <p>Change your zoom background to TUNE IN</p> <p><a href="#">Link to background HERE</a></p>	<p><b>2</b> Spend time in your garden or tend to your plants</p> 
<p><b>10</b> Move your body! You could stretch, walk, move joyfully</p> 	<p><b>11</b> Participate in or start a work initiative that's important to you.</p>	<p><b>12</b> Cuddle a four-legged friend or share an animal meme!</p> 	<p><b>13</b> Review your organisations accessibility modifications - does your organisation accommodate to all and how can they improve?</p> <p><a href="#">Link to resource HERE</a></p>	<p><b>14</b> Check-in with a team member</p> 	<p><b>15</b> Watch a WayAhead In conversation video today - you could even have a watch party with colleagues</p> <p><a href="#">Link to video's HERE</a></p>	<p><b>16</b> Take time to chat with a friend</p> <p>You could use the MHM convo cards</p> <p><a href="#">Link to cards HERE</a></p>
<p><b>17</b> Write a list of your tasks for the day</p> 	<p><b>18</b> Set boundaries around your work time - regular start/finish times and</p>	<p><b>19</b> Have a walking meeting or a meeting outside</p>	<p><b>20</b> Go outside on your break</p> 	<p><b>21</b> Review your organisations policies and give feedback on potential gaps</p>	<p><b>22</b> Have a non-work related team catch up</p>	<p><b>23</b> Breathe - take a few slow deep breaths</p>
<p><b>24</b> Listen to music that you enjoy</p>	<p><b>25</b> Start a discussion (in teams or other) around stigmatising language.</p> <p><a href="#">Link to resource HERE</a></p>	<p><b>26</b> Check-in with someone outside of your immediate team</p>	<p><b>27</b> Share a funny meme with your team</p> <p>Post about what your org are doing for MHM on socials</p> <p><a href="#">Link to social posts HERE</a></p>	<p><b>28</b> Take a device-free break</p> <p>Try your hand at colouring in our Tune In Tips</p> <p><a href="#">Link to colouring in HERE</a></p> 	<p><b>29</b> Host or participate in an online game, trivia, virtual event with your organisation</p> <p><a href="#">Link to MHM trivia HERE</a></p>	<p><b>30</b> Find time to be silly or make someone laugh today</p> 
<p><b>31</b> Make a cuppa - and reflect on the month</p> 	<p>Challenge yourself by trying to complete all daily tune in activities this October! Doing them with a colleague or your whole team or organisation is a good way to tune in. You can also follow the WayAhead LinkedIn for daily inspiration and even share your progress - <a href="https://www.linkedin.com/company/mental-health-association-nsw-inc">linkedin.com/company/mental-health-association-nsw-inc</a></p> <p>These Tips to Tune In at Work were created with the help of the WayAhead Workplaces network - find out more at <a href="https://www.WayAheadWorkplaces.org.au">WayAheadWorkplaces.org.au</a></p> <p>You can also download the Workplace Stress Less Tips poster for inspiration throughout the year - <a href="https://workplaces.wayahead.org.au/workplace-stress-less-tips">workplaces.wayahead.org.au/workplace-stress-less-tips</a></p>					