



**ONLINE LEARNING**

# Mental health awareness training for managers

**ACTIVITY BOOK**

If you prefer not to print  
out this workbook, you can  
fill it out on screen.

Don't forget to save it once  
you are done!



[support@illuminatevr.co.uk](mailto:support@illuminatevr.co.uk)

[www.illuminatevr.co.uk](http://www.illuminatevr.co.uk)



## CONTENTS

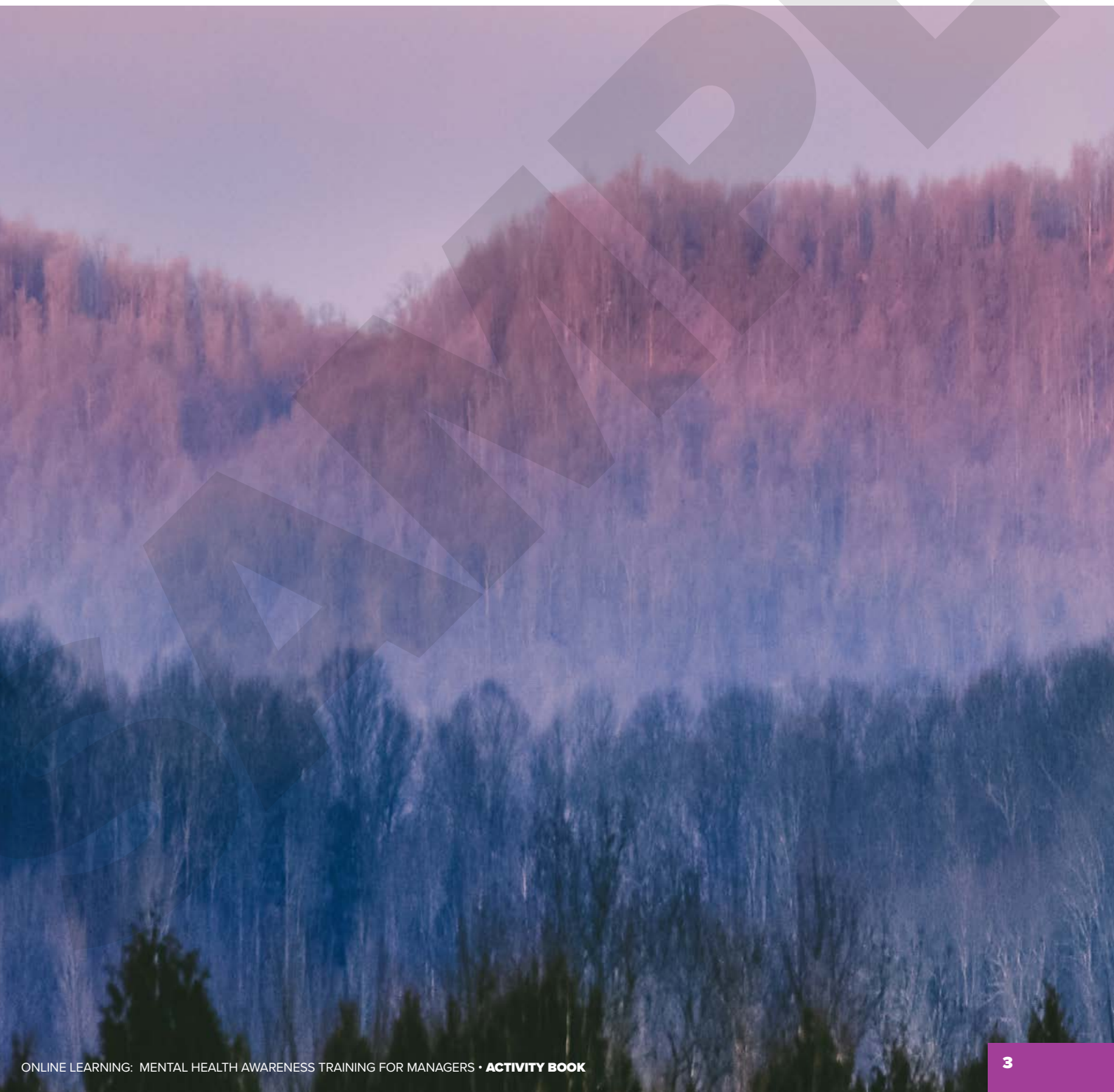
- 1. Introduction**
- 2. Understanding mental health**
- 3. The managers role in supporting wellbeing**
- 4. Stigma**
- 5. Understanding stress**
- 6. Warning signs**
- 7. Common mental health conditions**
- 8. Key takeaways & support resources**





# 2

# Understanding mental health



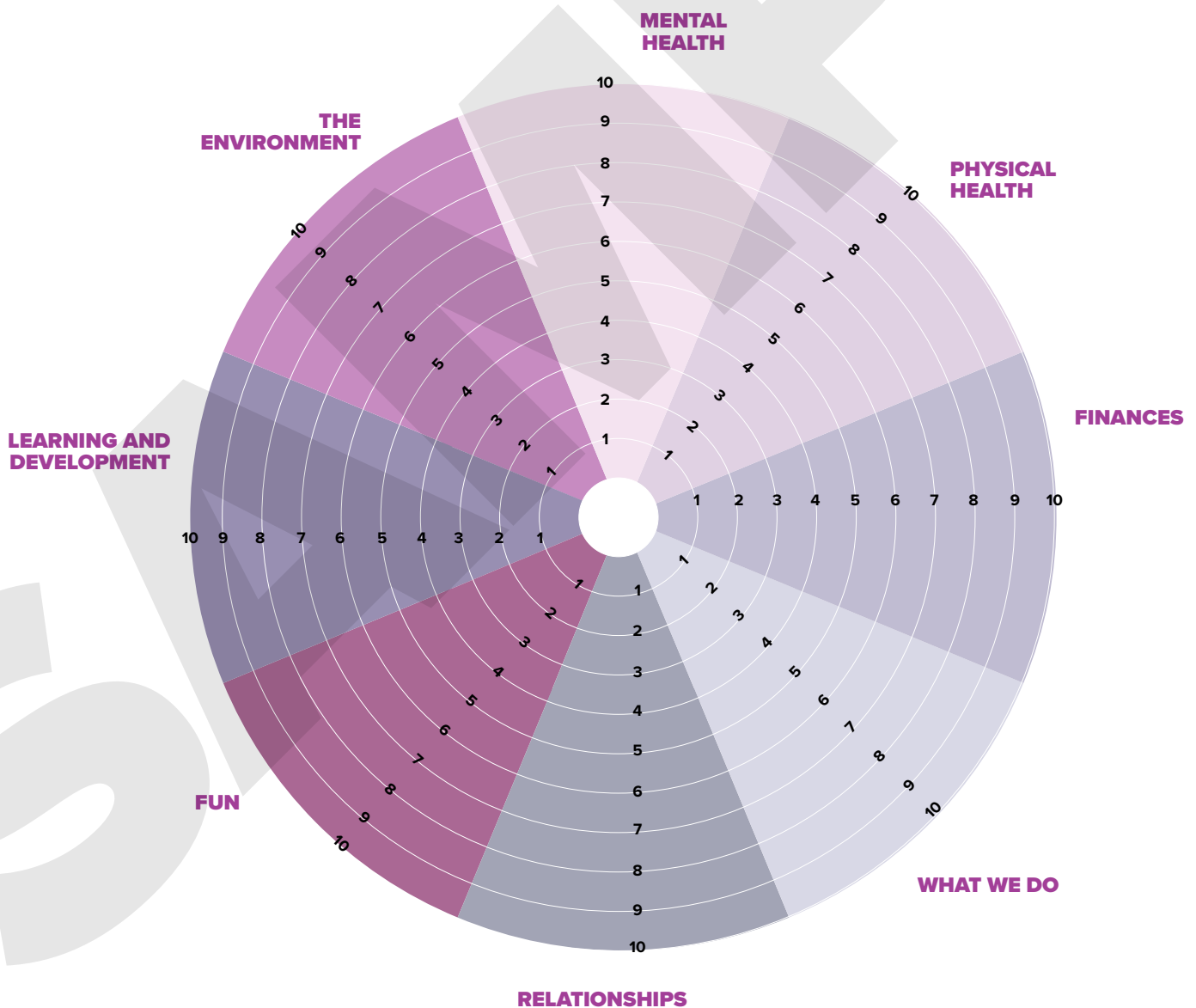


## 2.1

## DEFINING MENTAL HEALTH AND WELLBEING

The wellbeing wheel below encompasses 8 key areas which are vital for our wellbeing.

Score each of the 8 areas below from 1-10 by marking a dot as to how satisfied or dissatisfied you feel in relation to that area (1 being very dissatisfied and 10 being very satisfied). Once you have done this, join each of the dots of the ratings to form a wheel shape. Ideally, this wheel would be balanced and circular to allow a smoother journey through life. Consider what areas you want to work on, or may need support with in order to balance out these areas.

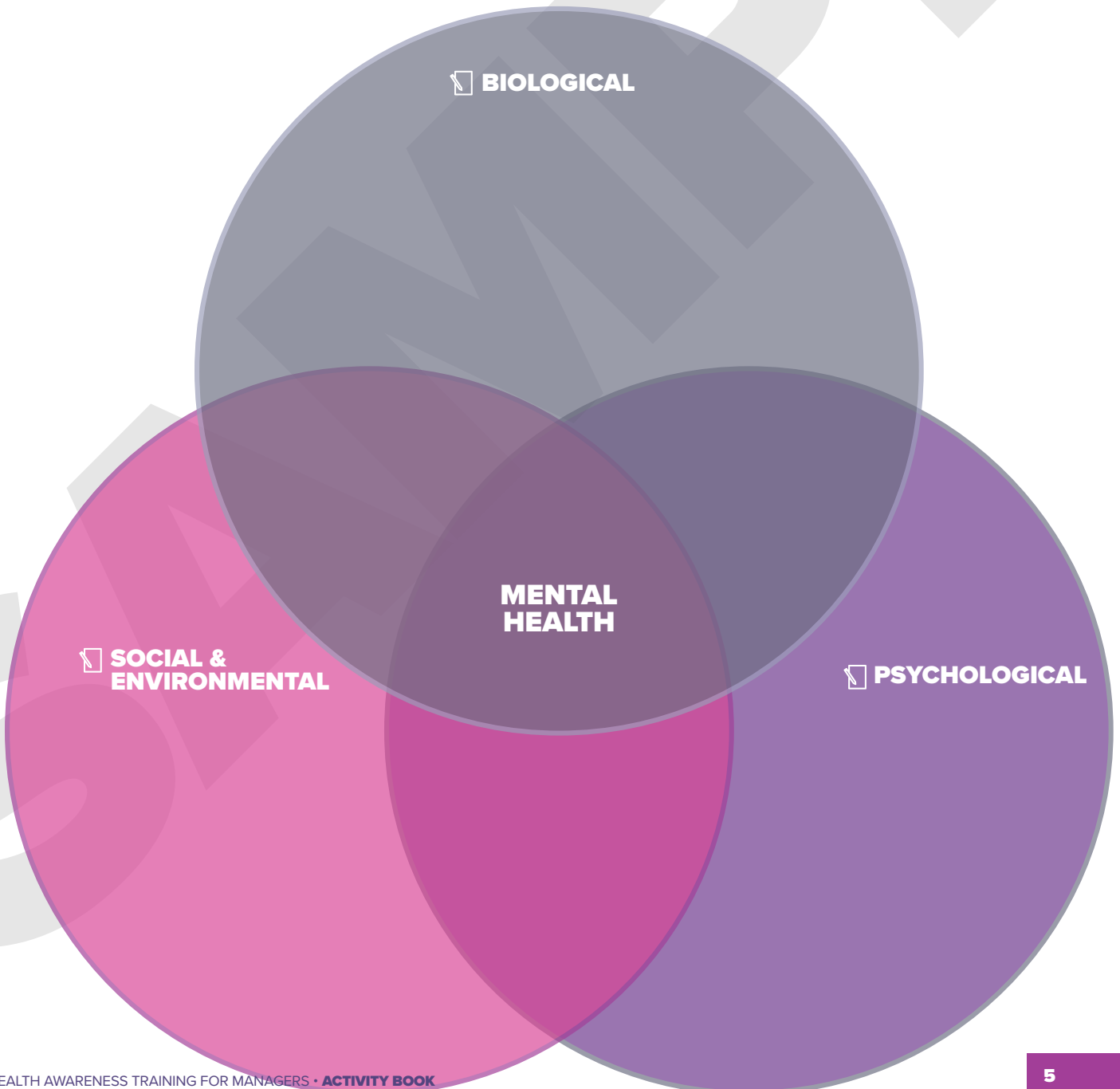




## 2.2

## PROTECTIVE AND RISK FACTORS

In each of the 3 sections below, note down the factors that can positively or negatively influence your mental health. Some areas may cross over, in which case write these where you see overlap between 2 of the sections or in the centre of the model.



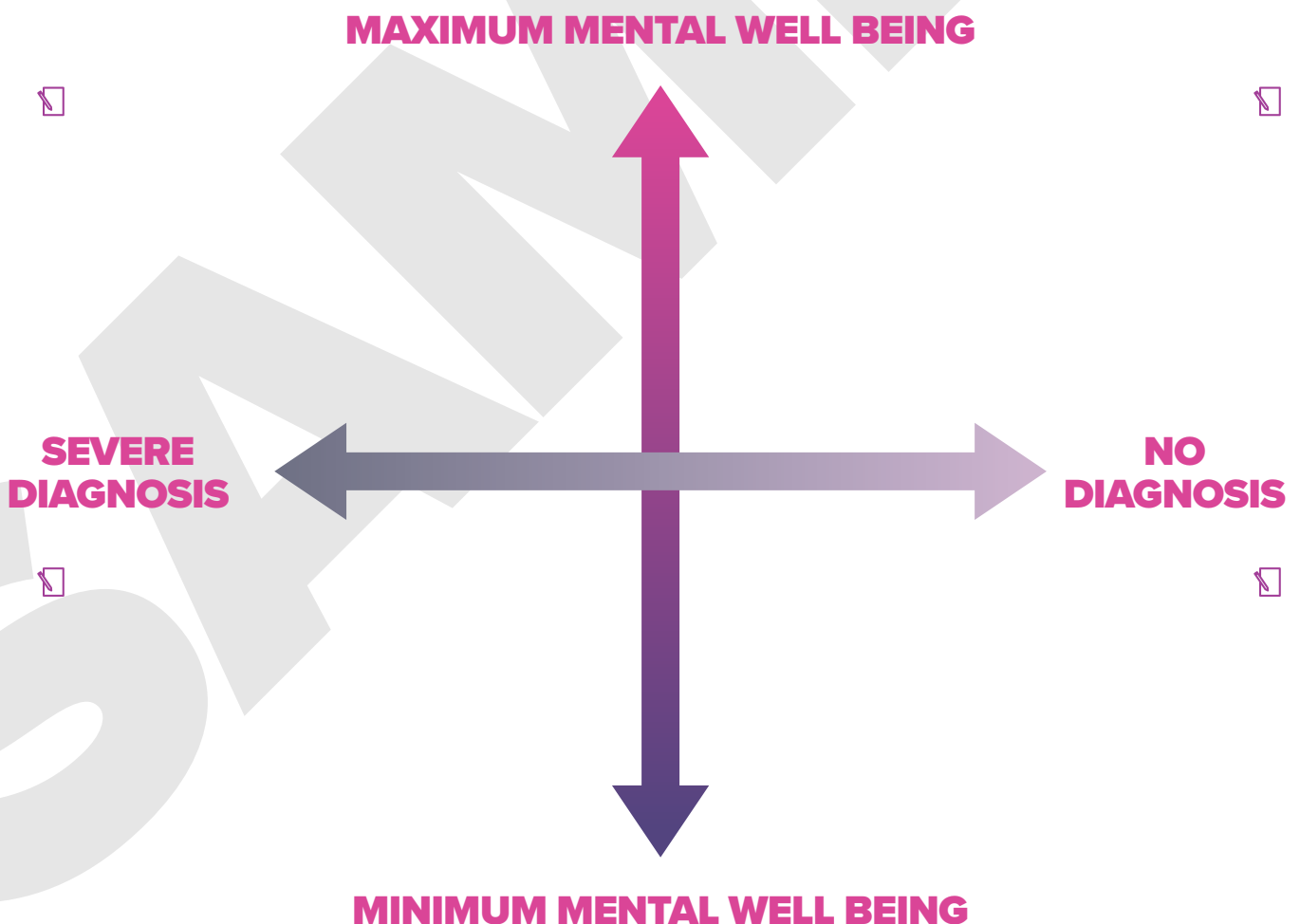


## 2.3

## THE MENTAL HEALTH CONTINUUM



**Raj** has been in your team for a few months and it is his first job since leaving education. He also moved away from home for the role so was keen to make as many new friends as possible in the local area. He was known for hosting parties, being the 'joker' of the team and always up for a good time. After a month or so you noticed him looking tired and his energy had gone. He was also making a few errors at work and arriving late. You arrange a catchup with him, and he admits that his mood has dropped, and he misses his family and friends back home. He recognises he needs to make some changes and limit his nights out to weekends and plan in time for trips or virtual catchups with his family and friends and soon begins feeling himself again.



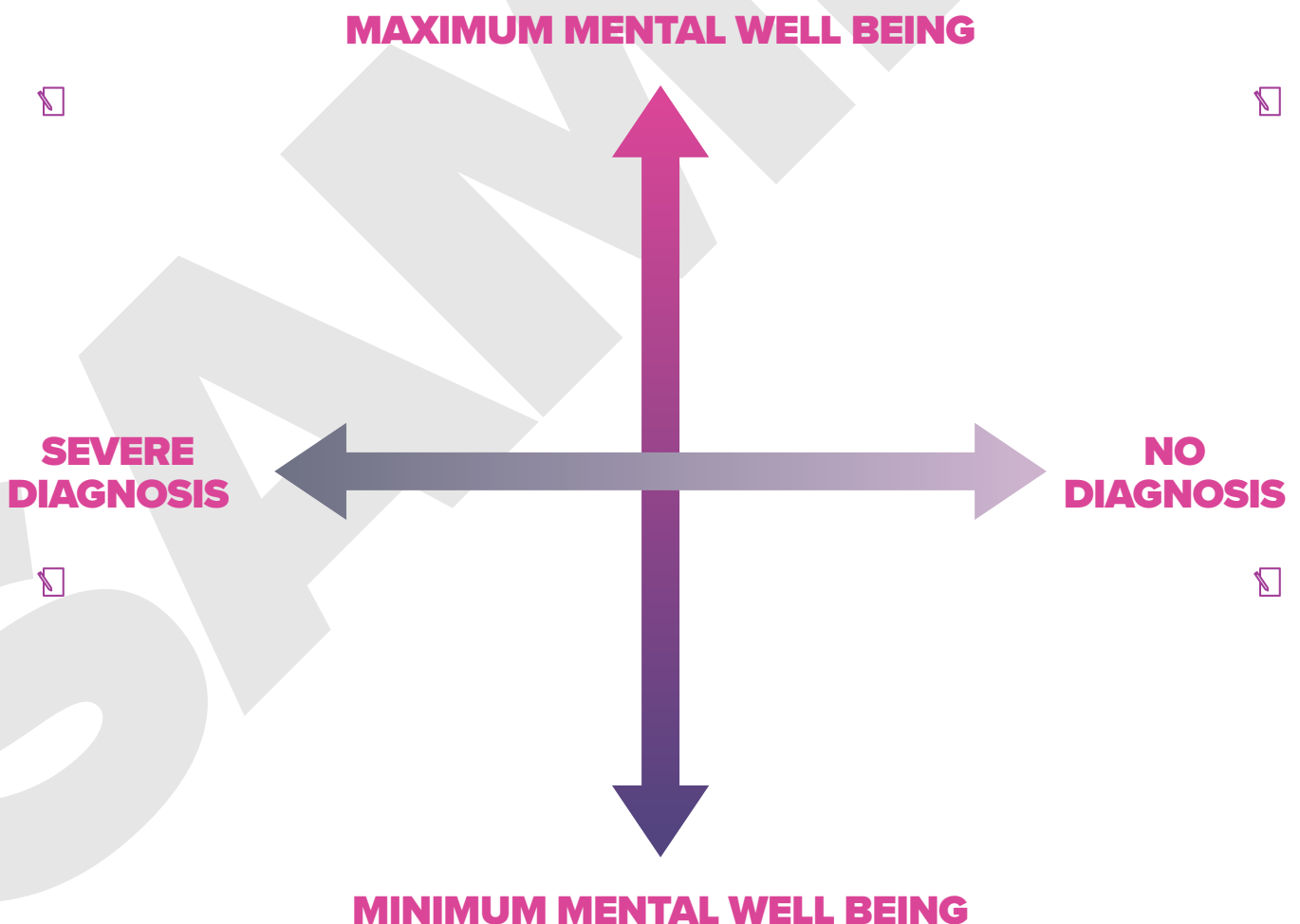


## 2.3

## THE MENTAL HEALTH CONTINUUM (cont.)



**Jo** is a colleague of yours who has just returned from maternity leave after having her second child. She tells you she is struggling to juggle everything and feels guilty leaving her children at nursery 4 days a week. You also noticed she is moody and snappy with other team members. Jo says that if she goes back to the doctor to say that the antidepressants she is taking don't seem to be working, she is worried the social workers might take her children into care. She tells you that she has started to believe they would be better off without her.



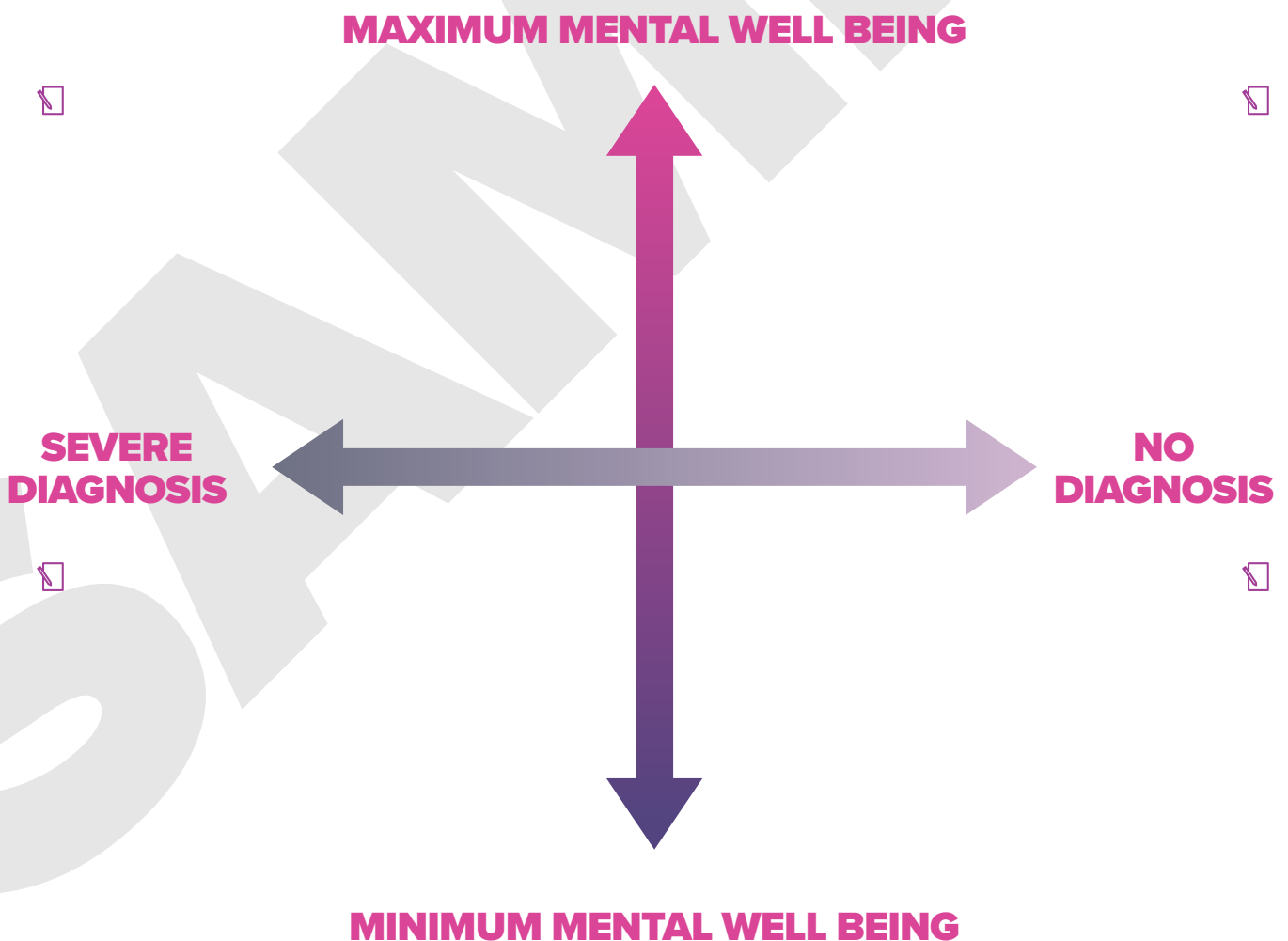


## 2.3

## THE MENTAL HEALTH CONTINUUM (cont.)



**Lee** a member of your team was diagnosed with bipolar disorder ten years ago. Initially he would not talk to anyone about it for fear of being judged and he was unable to come to terms with the diagnosis, often stopping taking his medication. Over time, with the help of his psychiatrist, family and friends, Lee was able to understand the bipolar better in terms of warning signs, what keeps him well and when to ask for help. Having a wellness action plan helped as people in his support network would know what to do if they spotted changes in his mood or behaviour. Lee is currently well and enjoying the challenge of his work. He has come to realise that bipolar disorder makes him unique and gives him a view of the world that other people may not have. It has also given him a great deal of empathy with others who are struggling with difficult life events.







**This training is developed by  
Illuminate in 2021. If you have any  
queries regarding the content or  
would like to know more information  
about additional training please  
contact [support@illuminatevr.co.uk](mailto:support@illuminatevr.co.uk)**

**For more information about  
Illuminate and the services available  
please visit [www.illuminatevr.co.uk](http://www.illuminatevr.co.uk)**

