



**Wellbeing
& Recovery
College**



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Getting Through the Working Week

Group Welcome

- Come with an open mind and an open heart
- This is a safe space to simply be yourself
- Let's consider Recovery Education and keep a learning focus
- We can agree to disagree and that's ok
- Be mindful of other students and their experiences
- Confidentiality is crucial
- Being present
- The value of the Course Evaluation Form



Our Aims

- To look at where our working week is right now.
- To understand how different parts of the week can affect us.
- To look at a more positive roadmap for our week.
- To take away some tools that help us in the future.
- And.....to have a bit of fun along the way 😊



Our Session Plan

Week 1 - That 'Monday' feeling

- Monday fun facts 😊
- How did you arrive at Monday?
- How would your 'new' Monday look?
- Tips to start your week?
- Goal Planning
- The Power of Sleep and Affirmations

Our Session Plan

Week 2 - Wednesday is 'Hump day'

- Wednesday fun facts
- How do you see 'Hump Day'?
- Practical Exercises
- Seeking perfectionism – Story Telling
- A positive approach to workplace conflict

Our Session Plan

Week 3 – TGI Friday – That Friday feeling

- Friday fun facts
- Setting boundaries
- Unhealthy and healthy boundaries
- How to set healthy boundaries
- Self-talk
- Ending the week

Our Session Plan

Week 4 – Onwards and Upwards!

- Rest of the week fun facts
- Taking accountability
- Self-care
- Reflection Time

What would
you like to get
out of this
course?

Please write **one thing**
you would like to get out
of this course.



Fun Facts about Mondays

1. Monday is the only day of the week that is an anagram for a single word.

That word is “Dynamo”. 😊

**Okay
Monday,
you be good
to me,
I will be good
to you...**

Fun Facts about Mondays

2. A study conducted by Marmite in 2011, showed that the average UK person won't crack a smile until 11.16am 😊



Monday Lisa

Fun Facts about Mondays

3. A study in 2011 showed that the average person moans for 34 minutes on a Monday, compared to 22 minutes on any other day.



How did you arrive at Monday?

- Think about how you start your Monday
- Now, we are going to go into breakout rooms
- Please introduce yourself and have a discussion about how you start your Monday.



Time for a 5-minute break

(Please feel free to
chat with our course
mentor if you need
support right now,
they'll be glad to help
😊).



Pause and Think

Spiral Journaling questions:

On Monday mornings I feel ...

My weekends are ...

Helpful things I could do before
a Monday are

I could give myself time to
prepare for a Monday by ...

All these little things add up 😊

The image features a large, stylized graphic on the right side of the slide. It consists of a blue background with the word "MONDAY" written in large, white, sans-serif capital letters. In the foreground, there is a black silhouette of a person standing and holding an open umbrella. The person is facing left. The overall design is modern and minimalist, with geometric shapes and a color palette of blues and white.

A little inspiration...



How would a great Monday look for you?

- Please spend 5 minutes writing down your best start to the week.
- What could you do to make it a more uplifting and positive experience?

Time for a 5-minute break

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chat with our course
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support right now,
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Tips to Help you Start Your Week

Take a Breath

- It does not need to be the perfect start to your week every Monday
- Have room to change plans and alter your goals where needed
- Listen to yourself and how you are feeling.

“Before anything else, preparation is the key to success” – Alexander Graham Bell

Tips to Help you Start Your Week

► Make a Plan

- A Work Plan (Big Tasks, Minor Tasks)
 - A Food Plan (Food Shop, Meals)
 - A Health Plan (Walks, Gym, Water)
 - A 'You' Plan (Reading, Bath, Friends, Course)
-
- ✓ A top tip to help you into the week is to take 5 to 10 minutes out of your day on the Sunday evening



Goal Planning – Start Small

Wednesday

Time Wake Up; 6am

My affirmation; Breathe one step

my exercise;

am; small 10min walk
afternoon; 20min walk
evening; 10min walk
10min yoga

Three Personal Goals;

1. Drink 3 Litres Water
2. Ring a friend PM
3. Walk 10,000 steps

Three Work Goals;

1. Write Contract
2. Email Dave + Set up Meeting
3. Update CV

Three Good Things

- ① I got up early - felt fresh + organized
- ② The sun was shining - made me smile and help my mood.
- ③ I took care of myself today.

Morning Wake Up Time- Accountability

Affirmation- A positive self-talk reminder. Think what you need to be reminded of to support you.

Exercise- good for physical & mental wellbeing.

Three Personal Goals- balance personal & work goals. Time for self-care & daily management.

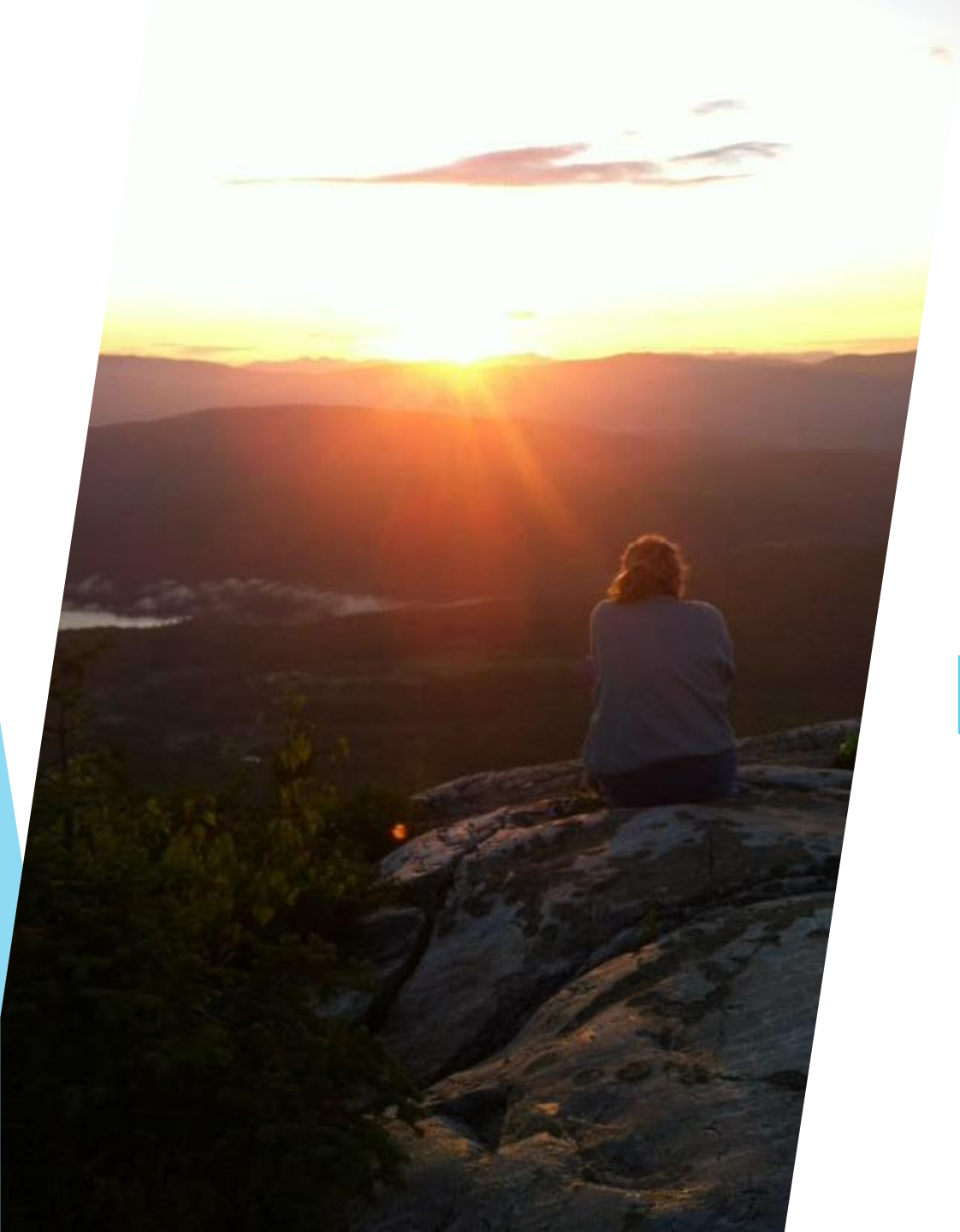
Three Work Goals- be specific, don't overload & add time limit

Three Good Things- Positive Psychology Intervention

Morning Wake Up

- ▶ Sleep is an essential function¹ that **allows your body and mind to recharge**
- ▶ **Sleeps help you to feel** refreshed and alert
- ▶ Healthy sleep also helps the body remain healthy
- ▶ If we do not get enough sleep, the brain cannot function properly.





Daily Affirmations

"You are what you tell yourself"

Examples of Affirmations

- ▶ I am enough
- ▶ I can only control what I can control
- ▶ Today, I will take five minutes for myself

Task: Write your Affirmation for Today



Next week- Wednesday is 'Hump day'

- Wednesday fun facts
- How do you see 'Hump Day'?
- Practical Exercise
- Seeking perfectionism – Story Telling
- A positive approach to workplace conflict

Check-in and Signposting

