



**Wellbeing
& Recovery
College**



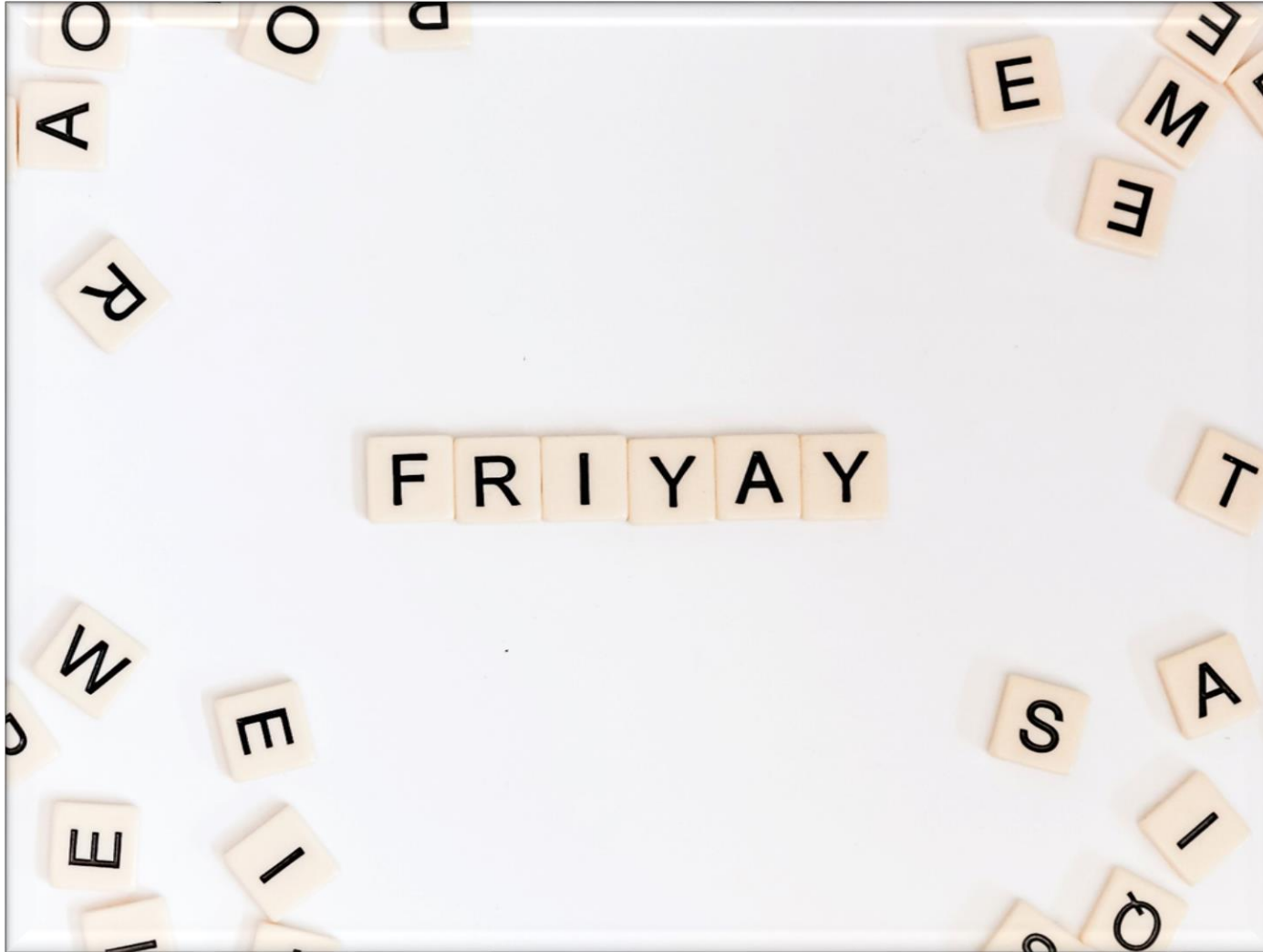
Midlands Partnership

NHS Foundation Trust

A Keele University Teaching Trust

Getting Through the Working Week – Session 3

Week Three - That Friday Feeling



A photograph of a workspace. In the background, a silver laptop is partially visible. In the center, a white ceramic cup with black vertical stripes and a gold handle contains a light brown beverage. Several coffee beans are scattered on the white surface around the cup. In the foreground, an open, lined notebook with a dark red cover lies flat. A dark brown pen rests on the right page of the notebook. The entire scene is set against a white background.

Today we are going to cover...

- ▶ Friday Fun facts
- ▶ Setting Boundaries
- ▶ The Cycle of Unhealthy Work Boundaries
- ▶ How to Set Healthy Boundaries
- ▶ Self Talk
- ▶ Leaving the Work on a Friday

Check-in from Week 2

- What were the **positives** from last week's session?
- Did you have any **takeaways** from last week's session?





"A BLACK CAT CROSSING
YOUR PATH SIGNIFIES
THAT THE ANIMAL IS
GOING SOMEWHERE."

~ Groucho Marx

Fun Facts about Fridays

- ▶ 1. Friday 13th, although (perhaps surprisingly), is considered lucky in some parts of the world, but is often a day of superstition for most people in the western world. The fear of Friday 13th is known as paraskavedekatriaphobia!

2. In the maritime world, it is considered highly unlucky to begin a voyage on a Friday.



3. Many corporate workplaces in the west have a “Dress-down Friday” dress code where employees aren’t expected to turn up to work in their smart business attire, but instead in something more casual like jeans and a t-shirt.



A person is seen from behind, sitting on a dark, rocky outcrop. They are looking out over a vast expanse of white clouds that fill the middle ground. The sky above is a mix of orange, yellow, and pink, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

Setting Boundaries

“A boundary is a limit or space between you and the other person; a clear place where you begin, and the other person ends The purpose of setting a healthy boundary is, of course, to protect and take good care of you” (IPFW/Parkview Student Assistance Program n.d.).



Storytelling – Setting Boundaries

Reflection Question

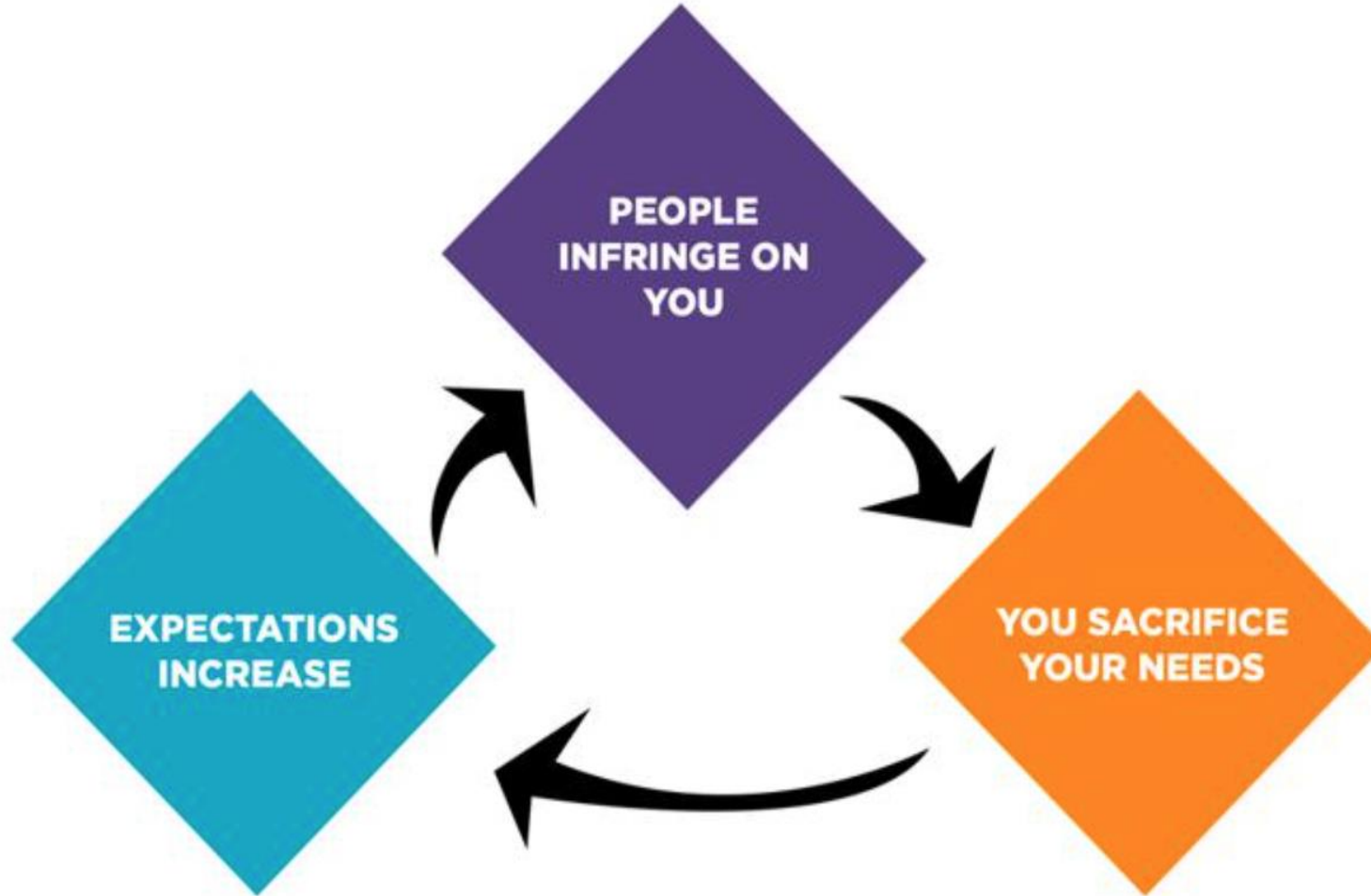
How are you at setting boundaries? Think about in different areas like personal, work, social, health...

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
😊).



THE VICIOUS CYCLE OF UNHEALTHY WORK BOUNDARIES





How can unhealthy
boundaries impact
on our life?



How can we set healthy boundaries?



How to Set Healthy Boundaries

1. Identify your Boundaries

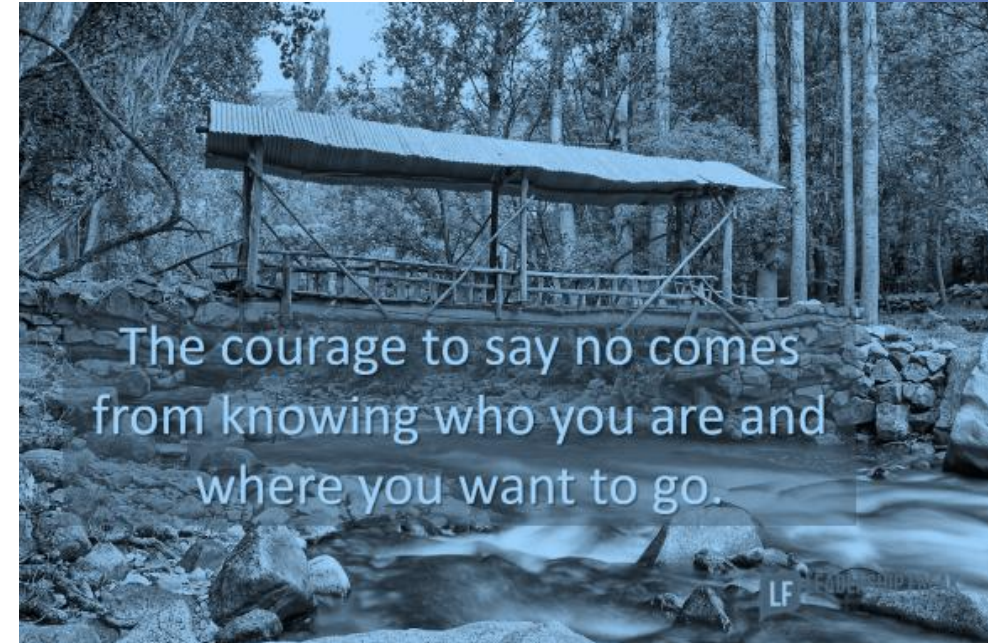
- Firstly, identify your priorities...
- Think about your time commitments in your work, social and personal life...
- Think about your strengths and skills...
- Reflect, why are you saying yes or no?



How to Set Healthy Boundaries Cont.....

2. Learn to Say No

- To commitments you can not maintain...
- Social or work commitments...
- Learning how to say no is a skill
- You do not have to be aggressive in your approach, be kind and approachable.
- Remember: You cannot control how someone responds



How to Set Healthy Boundaries Cont.....

3. Communicate Clearly

- Be clear about how you feel...
- Don't leave things out
- Be honest
- Be vulnerable
- Be comfortable



**The biggest
communication problem
is we do not listen to
understand.
We listen to reply.**

How to Set Healthy Boundaries Cont....

4. Take Time Off

- Don't be afraid to take some time for you...
- Fill your time with things you enjoy that make you feel well and good
- Constructive rest is important
- Micro-breaks can be just as effective as long breaks



How to Set Healthy Boundaries Cont....



5. Silence Notifications

- Have a time limit on social media
- Turn emails off after work
- Work within certain timeframes

How to Set Healthy Boundaries Cont....

6. Build in Breaks

- Play time such as
- Mindfulness-based activities like gardening, colouring
- Exercise snacking for 2 minutes a day
- Podcasts (funny, lighthearted) and listening to music



Advantages of Healthy Boundaries

- ▶ Good Mental Health
- ▶ Good Emotional Health
- ▶ Developed Autonomy
- ▶ Avoidance of Burnout
- ▶ Influence Other's Behaviours



Please watch the following video...



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
😊).



Self-Talk

“Self-talk is your internal dialogue. It’s influenced by your subconscious mind, and it reveals your thoughts, beliefs, questions, and ideas. It can be both negative and positive”

Be careful
how you
are talking
to yourself
because you
are listening.

~Lisa M. Hayes

The Power of Self-Talk



Any reflections/
learnings you'd
like to share
from the video?



3 types of Self-Talk

- Positive
- Negative
- Instructional

Be careful
how you
are talking
to yourself
because you
are listening.

~Lisa M. Hayes

Why is controlling Self-Talk important?

We speak over 50,000 words to ourselves every day!

It is the ongoing internal conversation that influences how we feel and behave.

Be careful
how you
are talking
to yourself
because you
are listening.

~Lisa M. Hayes

Reflection Question

How do you
talk to
yourself on a
day-to-day
basis?





Ending the Week...

This may look different
to everyone...

everyone has a

different schedule

Reflection Time

At the end of every week **write down three things** that went well in your work life and personal life... Remember they can be simple and small things. Our achievements do not always have to be big!

Let's have a go now, what three things have gone well so far this week....

Goal Setting

At the end of every week, **write down things** that you need to do next week. It could be to send a job application, an email, follow-up about a job contract....



Let's have a go now, **what three goals** do you have for this week....



Next week we are going to cover...

Week 4 – Onwards and Upwards!

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

Check-in and Signposting



Thank you and see you again next week