



Dear Colleagues,
Mental Health Awareness week is over for another year and we hope you found the schedule of events to be useful, enjoyable and inspiring.

As a summary, our agenda was as follows:

Mental Health Awareness Week 2020: 18-24 May 2020

Virtual Agenda:

Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st	Friday 22 nd
<p>ALL</p> <p>11:00 am – 11:45 am BST (British Summer Time)</p> <p>Celebrating the impact of Kindness on Mental Health hosted by Melinda Lee Ferguson</p> <p>Melinda will be joined by Nik Morgan, NHS mental health nurse and lecturer at the University of the West of England (UWE). Nik and Mel will chat through a number of wellbeing topics with a focus on this year's theme of kindness.</p> <p>Invite to follow.</p>	<p>ALL</p> <p>2:00 pm – 3:00 pm BST</p> <p>NEMEA Connect Café hosted by NEMEA Mental Health First Aider team</p> <p>This is the first NEMEA Connect Café which aims to open up conversations, strengthen relations between colleagues and create a greater sense of community across our region.</p> <p>The sessions will be limited to 50 participants for each call, with attendance allocated on a first come, first served basis.</p> <p>Invite to follow.</p>	<p>ALL</p> <p>TED</p> <p>Take some time to explore some Ted Talks regarding mental health:</p> <p>'How to create meaningful connections while apart' - https://www.ted.com/talks/ivy_a_parker_how_to_create_meaningful_connections_while_apart</p> <p>'Importance of Self Care TED playlist' - https://www.ted.com/playlists/299/the_importance_of_self_care</p>	<p>ALL</p> <p>2:00 pm – 3:00 pm BST</p> <p>NEMEA Connect Café hosted by NEMEA Mental Health First Aider team</p> <p>Another opportunity to join the NEMEA Connect Café which aims to open up conversations, strengthen relations between colleagues and create a greater sense of community across our region.</p> <p>The sessions will be limited to 50 participants for each call, with attendance allocated on a first come, first served basis.</p> <p>Invite to follow.</p>	<p>ALL</p> <p>TED</p> <p>Take some time to explore some Ted Talks regarding the theme of 'Kindness'.</p> <p>Here's some to get you started:</p> <p>'The impact of kindness' - https://youtu.be/vi642tL2Z9k</p> <p>'Random Acts of kindness and challenge' - https://www.mentalhealth.org.uk/blog/random-acts-kindness</p>

You can find the recording of Monday's session with Melinda and Nik here:

https://VMware.zoom.us/rec/share/yPNEEYH97FIOeM_DtVznSlid4Oai4eaa803Ua86UFyBxfx87UYqxJSNYz0hfWTDGg

Password: 3l?5?&*8

As we continue living our 'new normal' we wanted to share our top tips to help promote wellbeing and encourage kindness:

1. Connect - stay connected with friends and family. There are lots of ways people can stay in touch while respecting the governments lockdown restrictions, these include: phone calls, texts, video calls and even writing letters.
2. Be Active - make the most of getting out for some fresh air and exercise each day, the trees are getting their leaves etc. Really think about what you can see, hear and smell.
3. Keep Learning - maybe you've always wanted to learn a language, for example. Visit VMware Source [here](#) to read about how you can learn a new language for free with Rosetta Stone!
4. Give - give back to your community. Volunteering is a really good way to support people or organisations in and around your local (or national) area, and as some people begin to return to work, there will be a need for new volunteers to step in.

Finally....



To find out more about the support that VMware NEMEA provides to our employees around mental health visit our [Mental Health webpage](#) which contains lots of helpful resources and the contact details of all our trained Mental Health First Aiders.

Contact our NEMEA Mental Health First Aid team directly and in confidence:
mentalhealth@vmware.com

vmware®