



Dear Colleagues,

As many of you will be aware, Mental Health Awareness week will take place from 18th to 24th May 2020.

In order to mark this occasion, we will adopt the theme of 'Kindness', focusing on the positive impacts we can all have during this challenging time.

Research shows that helping others is beneficial for our mental health and wellbeing; it can help reduce stress, improve emotional wellbeing and benefit physical health.

We are pleased to offer you the following events for which diary invites will be sent shortly:

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><u>ALL</u></p> <p>11.00 am – 11.45 am BST (British Summer Time):</p> <p>Celebrating the impact of Kindness on Mental Health hosted by Meinda Lee Ferguson</p> <p>Meinda will be joined by Nik Munier, NHS mental health nurse and lecturer at the University of the West of England (UWE). TBC and Nik 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><u>ALL</u></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><u>ALL</u></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/priya_parker_how_to_create_meaningful_connections_while_apart</p> <p>'Importance of Self Care TED playlist' - https://www.ted.com/playlists/799/the_importance_of_self_care</p>	<p><u>ALL</u></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><u>ALL</u></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/vi642sE27Pk</p> <p>'Random Acts of kindness and challenge' - https://www.mentalhealth.org.uk/blog/random-acts-kindness</p>

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.

We hope you will join us in attending an event.

NEMEA Mental Health First Aider Team

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

