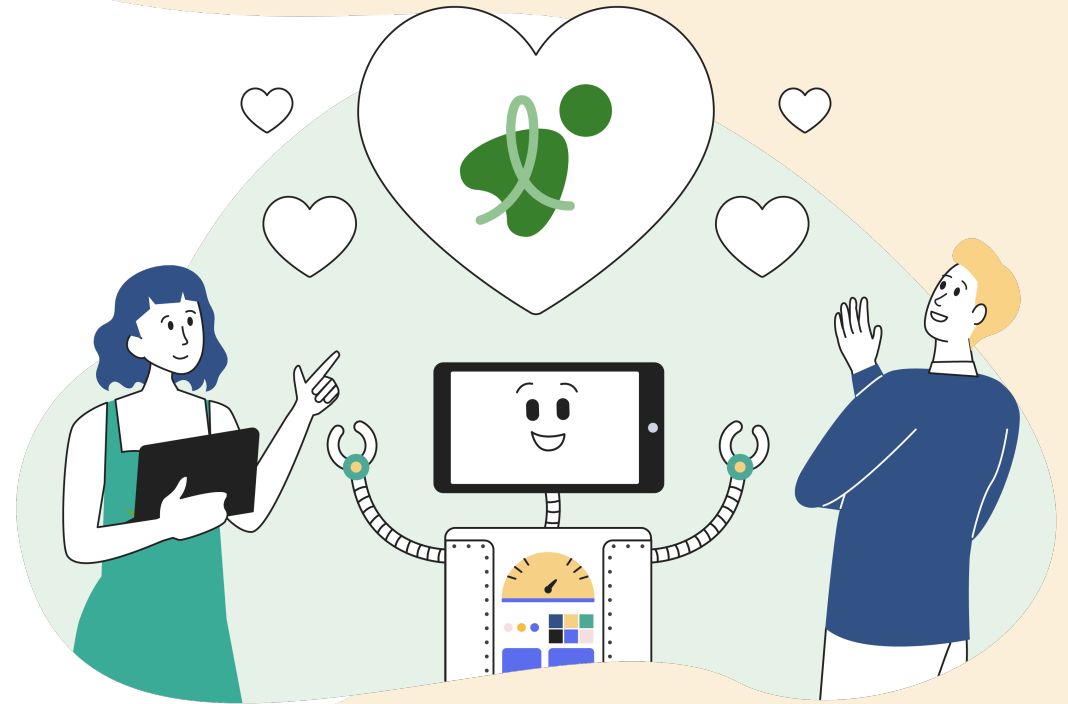


Articulate Marketing

Happily Remote

The importance of connections





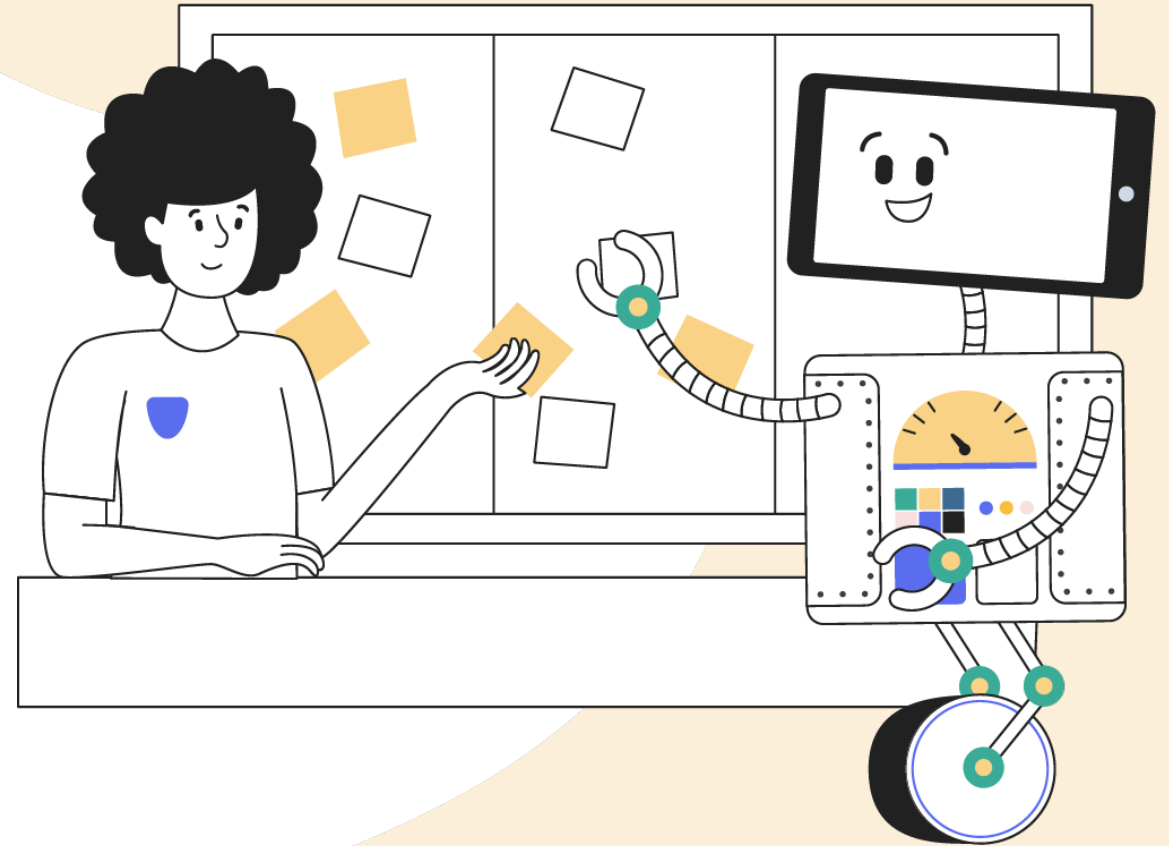
Practical steps we've taken to tackle loneliness way before it was a pandemic of the pandemic



Elizabeth Fielder

Chief Happiness Officer & B Corp Champion

Articulate Marketing



Agenda

- 1** Mental health risks of remote working
- 2** How to prioritise mental health
- 3** Practical magic



Mental health risks

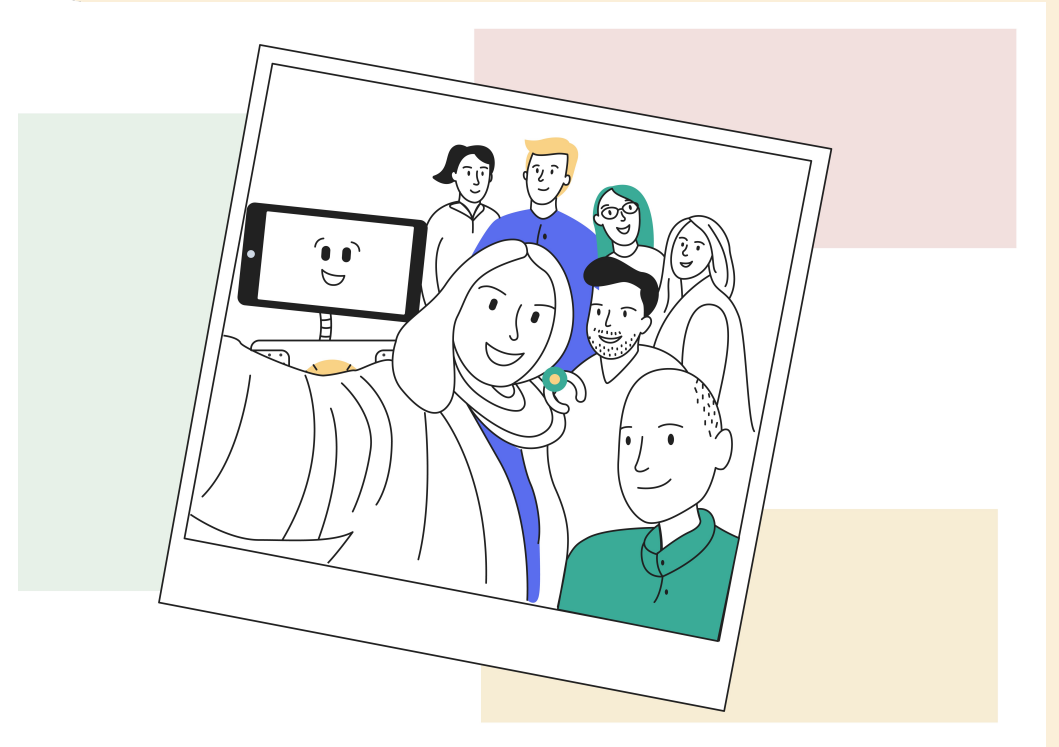
- Loneliness
- Isolation
- Invisibility
- Stigma





How to prioritise mental health

1. Enable opportunity for connection
2. Raise awareness
3. Create safe spaces
4. Reduce stigma
5. Happier workforce



What we do



HAPPY STUFF

- Happy half hours
- Happy Lunches
- Happy Breakfasts
- Poddles
- Group activities – quizzes, ask me anything, show and tell
- Clubs – book, music



POLICY STUFF

- Mental health policy
- BUPA employee assistance programme
- Mental health allyship
- Mental health first aiders



ACTIVITIES

- Time to Talk day
- Mental health awareness week
- World mental health day
- Week of Calm





2-minute morning

- I will let go of...
- I am grateful for...
- I want to focus on...



Photography

On your daily walk/run take try to enjoy the walk and notice things around you, take a photo as a memory of that day (ideally a happy one)



Time to talk poddles

- Tips you use to cheer yourself up on a down day
- Food that lifts your spirits
- Go to music/film/book that makes you happy



Pandemic

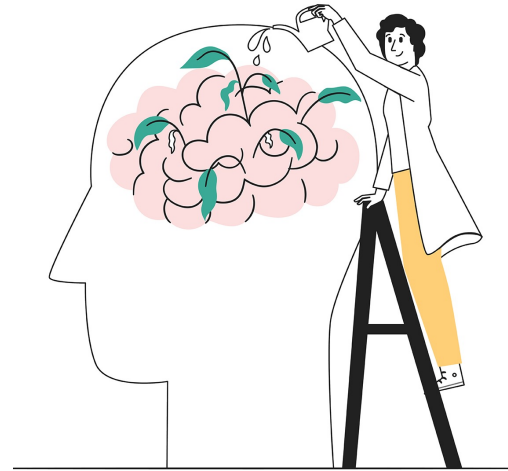
- Daily HHH
- Daily Fika
Poddle
- Buddy system





TOOLS

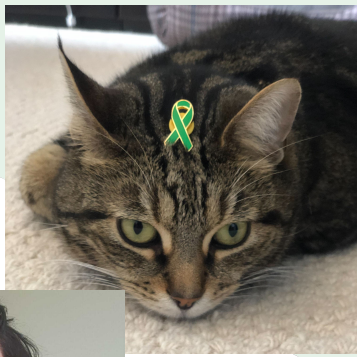
- CALM app
- Company Kindle
- Learning pathways



The power of vulnerability

- Real relationships
- Example of safe space





Thank you



Liz Fielder

Chief Happiness Officer

Articulate Marketing

T: 01234 567890

E: liz@articulatemarketing.com

W: www.articulatemarketing.com

