

Catalyst *Community*

Book of Wellbeing





To mark World Mental Health Day on the 10th of October the Catalyst team have put together the little book of wellbeing. There are a number of things that can affect your wellbeing within the workplace.

This little book has been designed to give you tips on how to be happier and healthier at work.

Read on to discover our four steps to wellbeing...

Make a connection

Connecting with people is a human need and feeling close to others boosts our mood. Feeling like we are part of a community is an important way to support your wellbeing. Catalyst is a great place to meet new people and feel part of something.

Top Tips

- Start a conversation with someone new in the café space.
- Give someone a call instead of chatting via WhatsApp.
- Ask how someone's weekend was, and really listen to what they got up to.





Get going

Taking part in regular physical activity is good for your mind as well as your body. Exercise has been linked to lower rates of anxiety and is a vital part in promoting wellbeing. You don't need to hit the gym everyday but even a small walk can help.

Top Tips

- Join the Catalyst Gym on the TQ campus or organise with a team from the office to go to the local gym together: catalystgym.co
- Go to an exercise class with a friend (a wellbeing double whammy as you can connect at the same time!)
- Book in a monthly walk and talk with your team around the campus.

Get caught in the moment

Studies show that being aware of the present moment can enhance your wellbeing and awareness. Being more aware can increase self-understanding and allow you to make positive choices based on personal values. Take time to enjoy your environment and appreciate the here and now!

Top Tips

- Declutter your living space or even your desk drawer.
- Discover a new place to eat lunch.
- Take a tour of the area round your Catalyst campus and discover or re-discover its beauty.



Learn something new

Learning throughout life helps improve self-esteem and maintain social interaction. Adult learning in particular encourages us to set goals – a practice which is directly linked with high levels of wellbeing!

Top Tips

- Learn a language – as well as meeting like-minded people this could come in handy if you want to live abroad someday.
- Expand your vocabulary by looking up a new word each day.
- Want to know how something works? Look it up! [Howstuffworks.com](https://www.howstuffworks.com) is a great place to start.



Here to help

There are a number of organisations in Northern Ireland that are here to support when it comes to wellbeing and mental health. There are also a number of important resources which can be found below:

Mental Health Organisations

Aware NI – 028 9035 7820

Action Mental Health – 028 9182 8494

Lifeline – 0808 808 8000

Resources

[Mindfulness Action Plan](#)

[10 Tips For Better Mental Health](#)