



**MENTAL HEALTH  
AWARENESS WEEK**

**ACTION GUIDE**

**5 THINGS YOU CAN DO RIGHT  
NOW TO SUPPORT YOUR**

**PEOPLE IN UNCERTAIN TIMES**

**SELF SPACE**

SELF SPACE


# WHY WE'RE CALLING TIME ON FINE

How often does the phrase "I'm fine" come up in your company? In high-pressure environments, "fine" isn't a status update; it's a sign of burnout, silently quitting, and a much bigger risk to your organisation's stability.

This Mental Health Awareness Week, we're helping HR like you call time on 'fine' by prioritising actionable change over surface-level awareness.

Using therapist-led techniques, we've developed this guide to help you embed small, repeatable actions that enable your people to feel truly supported, no matter what comes their way.

**IT'S TIME TO FIX THE CULTURE,  
NOT JUST THE CRISIS.**



**SMALL ACTION EXAMPLE:**  
**What's one thing you know would help your team but that isn't being actioned right now?**

ACTION IN UNCERTAIN TIMES:

# COMMUNAL ACTION & GLOBAL CONTEXT

We can't fully separate our personal headspace from our professional lives, especially right now. The uncertainty in the world seeps into the everyday. If you've noticed your colleagues seem a little more disconnected or weary, it's not just a 'work thing.' It's a human thing.

**NOTHING ABOUT  
THAT IS UNUSUAL.**



The action here isn't about solving anything or trying to simply ignore what's happening around us. It's about acknowledging what's real, staying connected and building genuine support to navigate uncertainty.

## REMEMBER

Small actions build momentum, leading to stability and stronger, supported teams.

## ACTION TIME

**HERE ARE FIVE ACTIONS TO HELP YOUR TEAM:****1**

Allow your team to name and identify what's really going on.

**2**

Offer flexibility and understanding when things feel heavy for them. Try, 'What will benefit you right now?'

**3**

Create a space for honesty, not for judgment. Opening up in the workplace can feel like a lot.

**4**

Create support that feels easy to reach, whether that's in a conversation, a place to talk confidentially, or something more structured.

**5**

Ask yourself and your team what helps to make them feel a bit steadier when things feel uncertain?

SMALL INTENTIONAL SHIFTS CAN HELP MAKE YOUR PEOPLE FEEL SAFE, SUPPORTED AND VALIDATED.

# LET'S HAVE A CHAT

Want to find out more about how **SELF SPACE** can help your company put action over awareness?

## FANCY A CHAT?

Alex is always up for a cuppa and a conversation about how Self Space can support your team.



[BOOK YOUR CHAT HERE](#)

