


Look out for your team's wellbeing and sign up to our

GROW



WELLBEING PACT

Promoting good mental health is everyone's business. With MindFood's help you can Grow Resilience...Offer Wellbeing!

That's G R O W for short 

If a team member is struggling with stress, anxiety or depression, it's important you take the matter seriously. When people feel they can talk openly about their mental health, problems are less likely to build up.

Timely practical support is vital, and MindFood are here for you.

We use food-growing as a means to teach evidence-based wellbeing techniques like mindfulness which can make a huge difference to resilience and outlook.

Reconnecting with nature and taking time out to learn empowering wellbeing strategies are the key to feeling calmer and happier. Anyone in need of support can join one of our free 6-session Growing Wellbeing courses to start feeling better right away.

That's 15 hours of positive practical guided self care...for FREE!

Help us by promoting MindFood & the GROW Team Wellbeing Pact where you work

- Ensure mental and physical health are treated equally
- Give your team regular opportunities to talk about any problems they're having, and help nurture positive mental health
- Enable them to attend MindFood sessions if they are feeling overwhelmed
- Make MindFood's GROW Team Wellbeing Pact one of your employee benefits, and part of your social responsibility plan

You can make a difference to your team's wellbeing right away: simply connect with us today! →

To find out more, contact:
info@mindfood.org.uk

 07720 092954



MindFood CIO is a registered charity: 1185639

www.mindfood.org.uk

Studies show that there are

5 Ways to Wellbeing

and at MindFood you'll naturally be able to:



CONNECT

Building stronger social connections in your life can increase your feelings of happiness and self worth.

TAKE NOTICE

Paying more attention to the present moment, to your own thoughts and feelings and to the world around you can help improve mental wellbeing.



GIVE

Several studies show that acts of giving and kindness both small and large are associated with positive mental wellbeing.

LEARN

Continuing to learn throughout life can help improve and maintain our mental wellbeing. Learning can help boost your self esteem.

BE ACTIVE

There is a link between being physically active and good mental wellbeing. Getting involved in horticulture is a great way to become more active and fit.

After completing our Growing Wellbeing course, participants report..

92%

Feel calmer

72%

Feel more optimistic about their future

87%

Feel less isolated

To sign up, or to find out more, contact:

info@mindfood.org.uk

☎ 07720 092954

MindFood CIO is a registered charity no. 1185639

🖱 www.mindfood.org.uk