

Icebreakers

Below are some suggestions that you can use as ice-breakers in work meetings, or with friends and family to gently open up the conversation around mental health:



Stretching

Lead a group stretch before you tuck into your cake, to help everyone feel calmer and boost serotonin levels.



Describe how you feel today using a colour

Colours help us express our feelings when we might not have the right words.



Share nice feedback

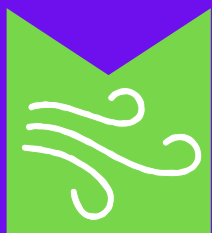
Take a moment to write down something you admire about a friend or a colleague and share this with them

It'll be guaranteed to make their day.



How are you feeling on a scale of 1-10?

With 1 being very low and 10 being fantastic, this is a good honesty exercise, and can help you reflect on what might be going on, especially if you're feeling a little out of sync.



Breathing exercises

The NHS recommends the following breathing exercise for stress, anxiety and panic – it takes just a few minutes and can be done anywhere.

- Step 1:** Breathe in through your nose and count steadily from 1 to 5.
- Step 2:** Breathe out through your nose, counting from 1 to 5 again.
- Step 3:** Repeat for 5 minutes.

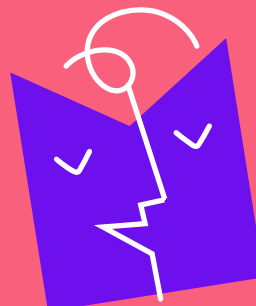
If this is your first time doing this exercise, you may not be able to get to 5 straight away, so just count up to whichever number is comfortable for you.



Use an emoji to describe how you feel right now?

Again, this is a good way to express emotions without using words.

You could even create a mood wall with different emojis and ask people to put their name against the emoticon that best displays their current state or mood.



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