



YOUR MHFA SUPPORT PROGRAMME



Hej

Welcome to your MHFA Support Programme Update for February. These updates are important to make sure you're feeling comfortable and confident in your role as an MHFA at IKEA.

So, grab a cuppa and take a few minutes to have a little read...

In this issue, find out more about 

- Our First Inspiring MHFA Story To Share With You
- The Link To Register For The Next MHFA Quarterly
- A Spotlight On...
- Record And Reporting Your MHFA Engagement Data
- Important Dates For Your Diary

IKEA MHFA Stories

Thank you to those of you who have shared your inspiring MHFA stories. Here is one we'd like to share with you:

"I noticed a co-worker seemed quite withdrawn and unlike themselves over a few weeks. Their usual positive energy had gone, and I'd noticed them looking quite stressed and preoccupied. Drawing on my MHFA training, I decided to approach them. I didn't pry or offer unsolicited advice, but simply created a quiet moment to check in and let them know I was there if they needed to talk, and they did want to.

I listened empathetically, acknowledging their feelings without judgment, and gently signposted them towards some helpful resources using the MHFAider Support App. I made sure to follow up a week later, and it was incredible to see the difference. They were visibly more relaxed and expressed genuine gratitude for the support.

They'd connected with the resources I'd mentioned and said that one of them in particular had made a huge difference to how they were feeling about their situation."

These stories demonstrate the importance of the work you do so thank you.

Have you supported a coworker with the knowledge and skills gained in your MHFA training?

Your MHFA story has the potential to inspire and help others make mental health conversations part of our everyday. If you're comfortable sharing your experiences, we would love to hear from you.

Don't Forget To Register For The February MHFA Quarterly 📅

Every quarter you get an opportunity to jump on Teams call to join an MHFA get-together.

We'll talk about how you're getting on as IKEA MHFAs, share important updates with you, get your ideas and you'll get a chance to practice your ALGEE skills.

The next meeting is on THURSDAY 27th of FEBRUARY at 14:00 - 15:30

Register For Your Monthly MHFA Quarterly

Shining A Spotlight On... Eating Disorders 📅

Week commencing 24th February is Eating Disorders Awareness Week so we thought we'd remind you of a few key things to consider when supporting someone with an eating disorder:

- Don't focus on food or weight – try to focus on the feelings and alternative coping strategies
- If the person is starting to have severe physical symptoms, this may be a crisis scenario that you need to assist with. Get professional help.
- Remember that you can use ALGEE on affected others, and this is quite often required with Eating Disorders.

If you'd like find out how you can get involved in Eating Disorder Awareness Week or learn more about Eating Disorders, [visit the BEAT website here](#). Also remember there is plenty of information on the topic in your manuals and in the MHFAider Support App.

Make Sure You're Recording Your MHFA Engagement Data 📊

It's important that we know how much you're using your MHFA skills, what kind of topics you're supporting with and what signposting you're using.

This data will be incredibly valuable for us in planning more effective mental health and well-being initiatives for all IKEA co-workers. As such, we'd like you to make sure that you're recording data about your MFHA interactions (don't worry, no personal or confidential data!).

Very soon we'll be asking you to share this data with us. Make sure you're ready and know how to log your MHFA engagement data by watching the video here:

Learn How To Record Your MHFA Engagement Data

- 6th February - Time To Talk Day
- 24th February – 2nd March - Eating Disorders Awareness Week
 - Your next MHFA Quarterly

Keep up the amazing work you IKEA MHFA Superheroes and see you at the next MHFA Quarterly!

Ha en bra dag!
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