



SHIFT YOUR FOCUS.

Get involved to help

Support Your Team's Mental Fitness.

Launch the '**Shift Your Focus**' campaign in your workplace and support men across York and North Yorkshire to take back control of their mental fitness.

About the Campaign.

Most men know if they're struggling with their mental health but where do they start trying to improve it? What do they do next when they're just trying to get through the week? When things feel heavy, men crack on, push it down, or tell themselves it's just life.

Shift Your Focus starts from that reality, not by asking men to open up more, but by giving them practical, simple ways to change perspective. It's a starting point which feels achievable and proactive.



YORK
& NORTH
YORKSHIRE
COMBINED AUTHORITY

DAVID
SKAITH
MAYOR

How to take part in 5 days to 'Shift Your Focus'.

In support of our campaign to improve men's mental fitness we're asking employers across our region to take part and support their teams to shift focus with quick, easy everyday practical skills and actions.

Here are some short and quick win ideas you can consider based on what works best for your organisation and workforce.

Top of the Shift.

A short, on-site discussion delivered during shift start. A quick check-in to help teams stay on top and spot when colleagues might be struggling. Daily scoring system can be used to monitor ups and downs throughout the week.

Ask each employee to "Rate yourself today from 1-5". You know your team best, get creative with the scales, rather than low to high, it can be cold to piping hot brew.

Pair Up.

Workers pair up for a brief "wellbeing check" to encourage daily interactions shifting focus from daily tasks.

- Conversations can start using the morning scores eg: "What made today a 2?" or the following prompts:
- "What's your low today/this week?"
- "What's your high today/this week?"

Step Away.

Encourage small groups or pairs to take a short walk around the property, worksite, factory perimeter, or fields. This is time to take some quiet time and clear their heads. Focus on noticing surroundings, sights, sounds and even the weather - keep it phone free! This can be planned to suit shift patterns.

If you can dedicate more time or a focussed activity would work better for your workplace then why not set up a 'Shift Your Focus' team social, guest speaker or mental health training.

Thank you for supporting the campaign in your workplace.

In supporting this campaign, you are helping York and North Yorkshire to lead the way in a new approach to Men's Mental Health, to reframe maintaining mental health as an act of responsibility, not weakness. Normalising conversations about mental health by embedding them in the heart of our workforces.