



My Whole Self

Join the new campaign for workplace culture change

My Whole Self, a new campaign from Mental Health First Aid (MHFA) England, is calling on organisations to empower employees to bring their 'whole self' to work.

The highest performing workplaces are supportive and inclusive. By putting diversity and inclusion at the centre of mental health and wellbeing, employers can create a culture where people can be themselves at work.

My Whole Self aims to create a healthier working culture built on respect and collaboration. It's better for everyone's mental wellbeing and better for business.

18 March is My Whole Self Day. Try these activities to mark the day – or at any time of year – to build deeper connections among colleagues.

18 March

Bring yourself
to work on
My Whole Self
Day



Own clothes day

Wearing the clothes you would usually only wear outside of work can help people feel more themselves, relaxed, and willing to open up to colleagues.

So whether it's your cultural or traditional clothes, or your Saturday sports kit, strike a pose on My Whole Self Day.



Discussion panel

Hold a My Whole Self discussion panel where senior leaders will share their own mental health and life experiences.

As well as building trust and visibility, this activity can help colleagues at all levels feel more able to be open about their own needs.



Book club

Celebrate diversity by learning more about each other. Get your team together and run a My Whole Self book club to empower employees to share a story about their whole self.

This can help encourage colleagues to discover new things about each other, find common ground, and feel safe enough to take risks together.

Download activity sheets at
mhfaengland.org/my-whole-self

Share your activities using
#MyWholeSelf



MHFA England