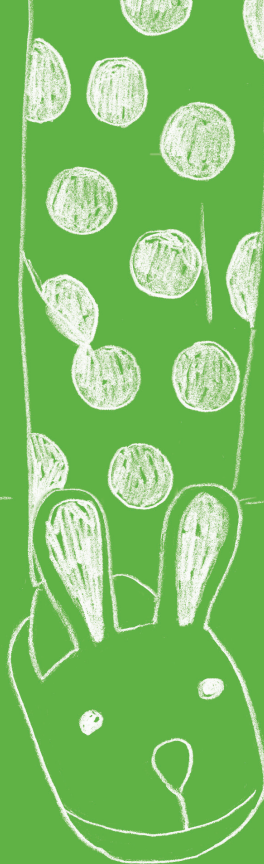


From  
my  
front  
door



to the  
office  
floor,



I am still



My Whole Self

## We shouldn't have to separate our work self from our home self.

Join the new campaign for workplace culture change and encourage your colleagues and employees to bring their 'whole self' to work.

It's good for mental wellbeing and good for business. The highest performing workplaces are supportive and inclusive.

When we're empowered to be our 'whole self' at work we can build deeper connections. This helps us to be more understanding of our colleagues, so we work better together.

Look out for resources you can use and share in your workplace and on social media at [mhfaengland.org/my-whole-self](https://mhfaengland.org/my-whole-self)



# My Whole Self

by Mental Health First Aid England

Save the date

**18  
March**

Bring yourself to work on  
**My Whole Self Day**

[mhfaengland.org/my-whole-self](https://mhfaengland.org/my-whole-self)