



Welcome to **This is Me Scotland's** first newsletter for 2021. We're delighted to share with you some of our news and resources to help you be healthy this year. Healthy workplaces are crucial for the mental health and wellbeing of individuals, and we are committed to changing attitudes and empowering businesses to create a healthy workforce.

For many of us, our working lives and pattern have changed over the last year, and remote working, video calls and digital collaboration become the norm. It can sometimes be isolating, and difficult to find a good balance between work and home life. We encourage all of you to think about what works for you to have a healthy mind and body.

We would love to hear more about how you are implementing This is Me and healthy strategies in your workplace. If you have any news to share, please don't hesitate to get in contact at either of the email addresses below or via our LinkedIn page.

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[This is Me Scotland - LinkedIn](#)

Have a healthy and happy start to the year.

This is Me Scotland



This is our spotlight

This is Me Scotland Storytelling films are a key component of the initiative, and we have created a powerful series of videos on the **topic of burnout**. You can watch these by clicking on the links below and listen to some of our group members sharing personal experiences.

[Burnout 1](#), [Burnout 2](#), [Burnout 3](#) and [Burnout 4](#).

This is our highlight

Watch out for our next video series from the [This is Me Scotland](#) team this will be on our LinkedIn page in May, so keep an eye out for that. Hear from the This is Me Scotland team on mental health and help us to **#endthestigma** around mental health in your workplace this year.





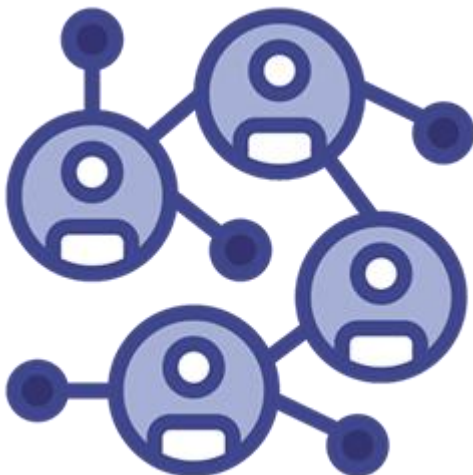
This is what's coming up

April is Stress Awareness Month ([#stressawarenessmonth](#)). According to the Mental Health Foundation 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.

10-16 May is Mental Health Awareness Week ([#mentalhealthawarenessweek](#)), with the theme this year being Nature. The evidence is clear that access to nature is crucial for our mental health and millions of people re-discovered that during lockdowns this year.

This is our favourite resource this month

[6 priorities to help save lives](#) is The Samaritans manifesto and it is calling on the next government to put mental health and wellbeing at the heart of Scotland's recovery.



This is news from the regions

Keep up to date with our regional groups on LinkedIn. Here's [Scotland](#), [North West](#), and [Yorkshire](#).

You can also find [Yorkshire](#) on Twitter and follow the hashtags [#ThisisMeNW](#) and [#ThisisMeWM](#).