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# **Managers Meeting Toolbox Talk**

Below is an outline of a team talk for introducing/reinforcing Uprise post-launch. You and/or your managers can discuss ‘Tools to manage stress and grow happiness over your lifetime’ by using the talking points below.

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| Rethinking mental fitness: it needs investment just like physical fitness  * Ask what people are doing to manage stress and improve wellbeing from the following list?   + Meditation   + Gym or sports   + Spending quality time with friends or family   + Talking/disclosing to a friend/family member about how you are feeling   + Yoga   + TV   + Alcohol   + Time in nature   + Reading   + Music * Ask whether people to guess which ones are most effective for reducing stress?   + Answer: Meditation is top, time with friends/family and exercise are also effective, the rest are ineffective or haven’t been researched enough * Ask whether people know which ones are most effective for improving wellbeing and happiness?   + See answer in section 2 below * Ask why people think that they need to invest into their physical fitness * Ask why people think that they need to invest into their mental fitness |
| Understand what builds mental fitness  * Research into what builds wellbeing and happiness over time shows that the primary factor is relationships   + Specifically: having people that you care about and that care about you is the top predictor of long term happiness above any other factor * Research into what builds mental fitness shows that these approaches are evidence-based:   + - Being able to retrain unhelpful thinking by consciously reflecting on what your automatic thinking is telling you then challenging that thinking to become as factual as possible     - Understanding your value system (what you believe will lead to personal happiness) and making more choices based on those values where possible     - Mindfulness techniques to deal with unhelpful thinking     - Stress management techniques such as controlled breathing     - (these are just a few but the above tend to have stronger evidence than others when tested in research trials)  Quick overview of Uprise  * + Uprise is wellbeing service that offers four options:     - An app that teaches proven skills for improving mental fitness and resilience     - A phone-based coaching service that helps you to learn the skills in the app along with a licenced coach     - Traditional therapy via phone or video call     - A wellbeing check tool that creates a short report about your current levels   + Show one of these videos, which are the skills that are in the app:     - Thinking Skills: <https://vimeo.com/218729113/a496e4cc06>     - Sleep Skills: <https://vimeo.com/239916112>     - Communication Skills: <https://vimeo.com/262878554>   + The Uprise app and coaching service are a great for everyday stresses like financial stress, a family issue, job uncertainty or just to learn some new skills   + Uprise also has a therapy option for more serious issues to discuss with licenced psychologists and counsellors   + Uprise is free and paid for by Company name test  Learn how to refer a colleague or a family member to Uprise [delete if your plan doesn’t include family members or the entire company]   * If you’d like to refer a colleague or a family member then please provide them with either the Uprise website address (<https://uprise.co/employee>) and tell them they can create an account with the code Company code test * Alternatively you can email Uprise at [team@uprise.co](mailto:team@uprise.co) with the person’s details and the name of your company and we can follow up with them to get them onboard |
| How to sign up **Via Mobile App:**   * Download the [iPhone app here](https://itunes.apple.com/au/app/uprise-mental-resilience/id1203493898?mt=8) or the [Android version here](https://play.google.com/store/apps/details?id=co.uprise.swemyss.uprise&hl=en) * Create an account using the code Company code test   **Via Desktop:**   * Go to the Uprise website <https://uprise.co/employee> * Click on ‘Signup for Upskill‘ * Create an account using the codeCompany code test   For more information, please visit the [Uprise website employee page](https://uprise.co/how-it-works-employees), [their FAQ page](https://help.uprise.co/uprise-faq) or contact Uprise on [team@uprise.co](mailto:team@uprise.co) |

# Example Videos About Uprise Skills

Here are some videos that you can send out as promotional material. These are examples of some of the skills people can learn in Uprise:

* Thinking Skills: <https://vimeo.com/218729113/a496e4cc06>
* Sleep Skills: <https://vimeo.com/239916112>
* Communication Skills: <https://vimeo.com/262878554>

# Presentations And Visual Resources

Please see the attached zip file for:

1. Uprise logos
2. Digital banners
3. One page PDF
4. Employee Power Point Presentation
5. App screenshots

Feel free to use the material above in your intranet or during your own presentations and meetings