

Post Webinar Resource Sheet:

"Beyond "I'm Fine": Taking Action by Checking In with Yourself!"

Mental Health Foundation's 2026 for Mental Health Awareness Week in May is focusing on turning awareness into action, specifically action for yourself.

This resource sheet will provide resources to improve mental wellbeing, drawing on therapeutic insight and behaviour-change.



If you would like to hear more from Khody, sign up for a free trial from MyMindPal, a mental wellbeing tool for business.

Resources:

Podcasts/Talks:

- The Happiness Lab — Dr. Laurie Santos
- We Can Do Hard Things — Glennon Doyle
- TED Talk: The Power of Vulnerability — Brené Brown

Organisations:

- <https://www.mentalhealth.org.uk>
- <https://www.mind.org.uk>
- <https://www.samaritans.org>

Books:

- Why Has Nobody Told Me This Before? by Dr. Julie Smith
- The Body Keeps the Score by Bessel van der Kolk M.D

Support & Helplines:

- Samaritans (UK): [samaritans.org](https://www.samaritans.org) | 116 123 – Free, 24/7 emotional support.
- SHOUT Mental Health Text Line: [giveusashout.org](https://www.giveusashout.org) | Text "SHOUT" to 8525



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