

Resilience matters: How to bounce back.

Men's Health Week (MHW) takes place from Monday 9th to Sunday 15th June (Father's Day) and June is also PTSD Awareness month.

Read on to learn more about how you can support better mental health in men, spot the signs and symptoms of PTSD, and how you can build your own personal resilience to be able to better recover from stressful situations.



Men's Health Week (MHW)

When it comes to mental health, one size doesn't fit all. While awareness around mental wellbeing is growing, there's still one group that often suffers in silence – **men**.

Across the globe, men are statistically less likely to reach out for help, more likely to suffer in silence, and at a higher risk of suicide.

These patterns aren't about weakness – they're about **social expectations**, outdated ideas about masculinity, and a culture that hasn't always made it easy for men to open up.

But things are changing – and we all have a role to play in that change.



What can you do?

Make space for conversations:

You don't need to be a therapist to help someone open up. Sometimes, all it takes is a quiet moment, a casual check-in, or a simple **'How are you really doing?'** Ask twice – it makes a difference.

- **At work:** Create space in meetings or coffee breaks for people to share how they're feeling – not just what they're doing.
- **At home:** Take walks, share meals, or do activities together. These can be easier settings for real conversations than sitting face-to-face.

Ditch the 'tough' talk:

We've all heard it: 'Man up.' 'Don't be soft.' 'Shake it off.' **These phrases might seem harmless, but they reinforce the idea that emotional vulnerability is weakness.** Let's flip the script.

- Be mindful of language.
- Celebrate openness, empathy, and self-awareness – not just 'toughness'.

Encourage healthy habits:

Physical and mental health are tightly linked.

Encourage the men around you to prioritise their wellbeing – not just their workload.

- Suggest a lunchtime walk, a workout class, or a digital detox.
- Remind each other to take breaks, use annual leave, and to get enough sleep.
- Share and demonstrate healthy habits yourself – role modelling goes a long way.

Normalise asking for help:

If a friend broke their arm, they'd go to A&E, right? Mental health should be no different. Let's make it normal for men to seek help – from HR, a GP, a coach, a counsellor, or a support line.

- Know what support is available through your workplace and talk about it.
- Share stories of people who've benefited from reaching out (with permission, of course).
- Let them know it's not a sign of failure – it's a step toward strength.

A direct appeal to men reading this

Taking care of your mental health isn't selfish or weak – **it's essential.** Whether you're leading a team, supporting a family, or just trying to get through the week, you deserve the same care and compassion you'd offer to others. Talk. Ask for help. **You're not alone – and you don't have to go it alone.**

Key takeaway

Workplaces have an incredible opportunity to support men's wellbeing – not just during MHW, but every day. By starting conversations, checking in on each other, and leading with empathy, we can all be part of a culture that says: It's okay not to be okay – and it's more than okay to ask for help. **Because when we support men's mental health, everyone benefits.**



What is resilience?

Resilience is the ability to bounce back from challenges, stress, or setbacks – and keep going. It doesn't mean pretending everything is fine or avoiding difficult emotions.

Instead, **it's about adapting, learning, and finding ways to move forward, even when things feel tough.**



In today's fast-paced world – whether at work or at home – resilience is a key part of staying mentally and emotionally healthy. It helps us:

- **Handle pressure and change with more confidence**
- **Recover from mistakes or failures without getting stuck**
- **Stay positive and focused when life feels overwhelming**

Building resilience is like strengthening a muscle – it grows through self-awareness, support, healthy habits, and facing challenges with courage and compassion.

The good news?

Resilience isn't something you're born with. It's something you can build over time – and every step you take to look after your wellbeing makes you stronger.

Free online webinar

Personal resilience

Personal resilience refers to one's ability to adapt to stressful situations or crises. **More resilient people can adapt to adversity without lasting difficulties.**

It's been found that those who deal with minor stresses more easily can also manage major crises with greater ease, so resilience has its benefits for daily life as well as for difficult life events.

[**Book your place**](#)

In support of Men's Health Awareness Week and PTSD Awareness Month, Lena is delivering a free 1-hour webinar with up to 500 free places available.

Topic: Personal Resilience
When: Tuesday 24th June 2025,
10.00am to 11.00am

The workshop will cover:

- **What does resilience look like? and**
- **Provide you with some techniques for supporting personal resilience**



June: PTSD awareness



Recognising trauma

According to PTSD UK, research shows that **10% of people will experience Post Traumatic Stress Disorder at some point in their lifetime**. We all experience stress at times – but some experiences go far beyond everyday pressure. When someone goes through a deeply distressing or traumatic event, it can leave a lasting psychological impact. This is where Post-Traumatic Stress Disorder (PTSD) comes in.

PTSD can affect anyone, in any workplace or walk of life. While it's often associated with frontline roles like the military, emergency services, or healthcare, trauma can also stem from car accidents, violence, abuse, sudden loss, or even witnessing (or reading about/viewing images of) a disturbing event/series of events.

PTSD is a mental health condition that can develop after someone experiences or witnesses a traumatic event. **It's not a sign of weakness – it's a natural human response to overwhelming situations.** For some, the symptoms ease over time. But for others, the impact lingers and can interfere with daily life.

Common signs and symptoms

PTSD can look different from person to person, but here are some common indicators:

Emotional and psychological signs:

- Flashbacks, nightmares, or intrusive memories
- Feeling constantly on edge or easily startled
- Anxiety, irritability, or sudden mood swing
- Numbness or detachment from others
- Avoidance of people, places, or topics related to the trauma

Physical and behavioural signs:

- Difficulty sleeping or concentrating
- Fatigue or physical tension
- Using alcohol or drugs to cope
- Withdrawing from social or work activities
- You might notice these signs in yourself—or in a colleague, friend, or family member.

How you can support others

- **Notice changes in behaviour or mood** – withdrawal, emotional outbursts, or lack of focus may be signs someone is struggling.
- **Reach out gently** – you don't need all the answers. A simple 'I've noticed you seem a bit different lately. Do you want to talk?' can be enough to allow someone to open up.
- **Encourage professional support** – remind them it's OK to ask for help, and offer to help them find it.
- **Be patient** – healing from trauma takes time, and everyone's journey is different.

When should you seek help?

If symptoms persist for more than a month, start interfering with everyday life, or cause significant distress, it's important to seek support.

You don't need to have all the symptoms to ask for help. If something feels 'off' after a traumatic experience, that's reason enough to talk to someone.

Whether the trauma was personal or something witnessed at work, home, or in the news, support is available.

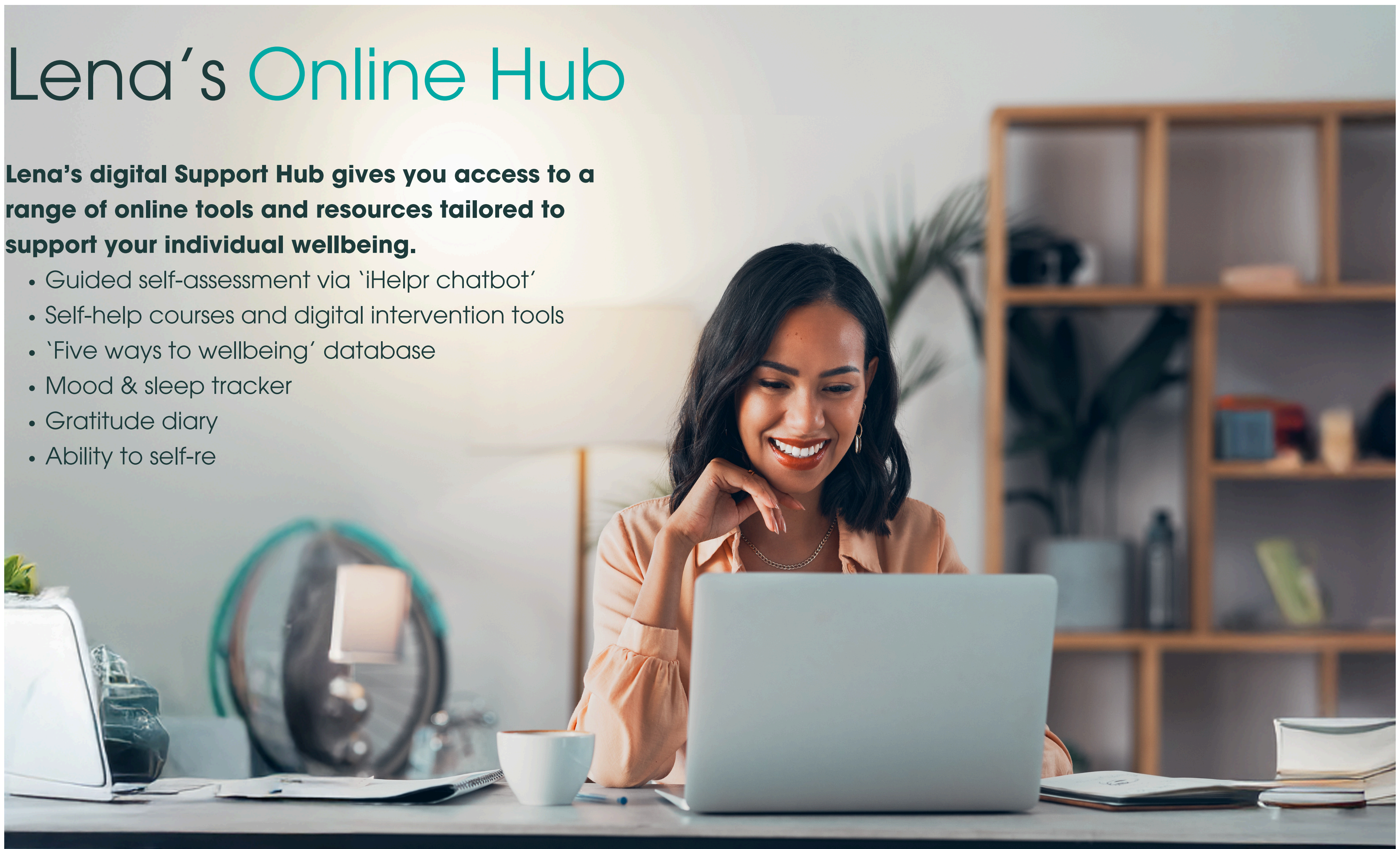
Early intervention makes a big difference.

The right support

Lena's Online Hub

Lena's digital Support Hub gives you access to a range of online tools and resources tailored to support your individual wellbeing.

- Guided self-assessment via 'iHelp'r chatbot'
- Self-help courses and digital intervention tools
- 'Five ways to wellbeing' database
- Mood & sleep tracker
- Gratitude diary
- Ability to self-re



How to get in touch with us

Whether it's support for yourself or for someone else you're concerned about - **we're here to help - 24 hours/7 days a week, 365 days a year.**

The service we provide is **confidential, free to use, and totally independent from your employer.** So whatever's on your mind don't hesitate to **give us a call on your helpline number.**

Or you can **send us an email at support@lenabyinspire.com**, or **use the online 'Add me' referral form** on the **www.lenasupporthub.com**, and one of our friendly empathetic advisors will call you back (at a time convenient to you) to take you through the referral process at your own pace.

Follow us

Our **LinkedIn** and **Instagram** pages are a great way to stay up to date with all things Lena – you scan the QR codes below or type in **@lenabyinspire** in the platform's search bar and give us a follow.

