

# A sense of **belonging**

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**Mental Health Awareness Week takes place from 12th to 18th May and the theme for 2025 is 'community.'**

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people. It helps to remind us we are never alone. In this edition, we also look at the benefits of mindfulness and ask that you set yourself a goal for this month to be more fully engaged and aware. Why not sign up for this month's free webinar to learn more?





# The importance of community in our work and personal lives

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Community plays a vital role in both professional and personal spheres, fostering connection, support, and a shared sense of purpose. In the workplace, strong communities improve collaboration, increase morale, and create environments where employees feel valued.

On a personal level, a thriving community enhances wellbeing, combats loneliness, and nurtures relationships that provide emotional resilience.

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## Why community matters?

**1. In the Workplace:** A connected workforce leads to increased productivity and employee satisfaction. When individuals feel they belong, they are more engaged, motivated, and willing to support one another.

**2. In Personal Life:** Communities, whether they are friendships, family networks, or local groups, provide emotional support, practical help, and a sense of belonging, which enhances mental health.

Building togetherness is all about having and making consistent, meaningful interactions that foster trust and connection.  
**Even small efforts lead to lasting bonds!**



Below are some simple ways you can foster a sense of belonging and togetherness:

- **Be approachable & supportive** – Small gestures like always being ready with a smile and warm welcome, offering help, and showing genuine interest in others builds relationships.
- **Engage in activities & events** – Make time to participate in workplace initiatives, social groups, or local community gatherings to deepen connections.
- **Encourage in open communication** – Create a space where colleagues and friends feel comfortable sharing their thoughts, feelings, ideas and experiences with you.
- **Celebrate small wins & contributions** – Recognise when someone makes an effort, give praise and compliments readily, and celebrate achievements (big and small) as they all help to foster a positive culture/community.
- **Practice kindness & inclusivity** – Always make a conscious effort to include others (particularly those who are, or seem, less reluctant to engage), support diversity, and strengthen your relationships by practicing and displaying kindness.



# Benefits of practicing mindfulness

Mindfulness offers a range of benefits for both mental and physical wellbeing.

## Mental & emotional benefits

- **Reduces stress** – Mindfulness helps regulate emotions, making it easier to manage stress and anxiety.
- **Enhances focus & clarity** – Regular mindfulness practice improves concentration, memory, and decision-making skills.
- **Increases emotional resilience** – It fosters self-awareness and a balanced mindset, making it easier to navigate challenges.
- **Boosts happiness & wellbeing** – Being present in the moment encourages gratitude and a greater appreciation of life.

## Physical benefits

- **Improves sleep quality** – Mindfulness can help reduce insomnia and encourage restful sleep.
- **Lowers blood pressure** – Studies suggest mindfulness can contribute to heart health by reducing blood pressure and stress-related conditions.
- **Enhances immune function** – A calm and mindful approach to life may help boost immune system responses.



Even a few minutes of mindfulness each day whether through meditation, deep breathing, or simply focusing on the present moment can lead to noticeable improvements in overall wellbeing.

## Simple ways you can build mindfulness into your daily routine

### 01. Deep [breathing](#)

Take a few minutes to focus on your breath. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth. This helps calm the mind and body.

### 02. Body scan [meditation](#)

Close your eyes and mentally scan your body from head to toe, noticing any tension or discomfort. This practice helps you connect with your body and release stress.

### 03. Mindful [walking](#)

Next time you go for a walk, focus on each step—the feeling of your feet touching the ground, the rhythm of your movement, and the sounds around you. This helps bring awareness to the present moment.

### 04. Practice [gratitude](#)

Pause for a moment and think of three things you're grateful for. Reflecting on positive aspects of life improves mood and perspective.

### 05. Mindful [eating](#)

Slow down while eating. Pay attention to the taste, texture, and smell of your food, enjoying each bite without distraction.

Why not visit the Lena Support Hub and use our online gratitude diary to record some of the things you are thankful for, or our goal tracker to keep you motivated, or maybe spend some time watching our short videos on getting started with mindfulness?

[Lena Support Hub](#)





# Free online webinar

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## Why not try being **more mindful** this May?

In recognition of Mental Health Awareness Week taking place from 12th to 18th May, Lena is delivering a free 1-hour Webinar with up to 500 free places available.

**Topic: Mindfulness for self-compassion**

**Time: Wednesday 14th May 2025, 11am - 12pm**

[Book your place](#)

This workshop will help you to:

- Understand self-compassion, self-kindness, common humanity, and mindfulness principles.
- Identify and challenge negative, automatic, critical, and unproductive thought patterns through guided practices.
- Develop selflessness, gratitude, fulfilment, and positive self-worth to counter negativity, fatigue, and tiredness.



Expert care, **with you at the centre.**

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](mailto:support@lenabyinspire.com), or use the online 'Add me' referral form on the [www.lenasupporthub.com](http://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.