

Not Myself Today® Planner



You are invited to use this planner to bring Not Myself Today to life in your organization. This planning template allows you to tailor the initiative to suit the needs of your own workplace, so that you can plan the work, and “work the plan” all year long.



KICK OFF SUPPORTING MATERIALS

- Senior leader briefing note
- Senior leader email template
- Kick-off Poster
- Co-branded Kickoff Poster
- Kick-off video
- Kick-off presentation

YEAR-LONG AWARENESS-BUILDING MATERIALS

ONLINE

- Cobranded poster
- Infographics
- 52 Weekly Tips
- Facts of the Matter Quiz
- Trustmark

OFFLINE

- Posters
- Door hangers
- Pledge sign
- Mood flip book



MODULE 1
MENTAL HEALTH AND
MENTAL ILLNESS 101

ONLINE

- Facts of the Matter Quiz
- Video
- Resource Sheet (downloadable)



MODULE 4
PRACTICING
POSITIVITY

ONLINE

- Q&A Corner Questions
- Kindness Cards (digital)
- Mission: Possible Activity
- Video
- Resource Sheet (downloadable)

OFFLINE

- Q&A Corner
- Kindness Cards

MODULE 2
TALKING ABOUT
MENTAL HEALTH

ONLINE

- Let's Get Talking Activity
- Video
- Resource Sheet (downloadable)

OFFLINE

- Let's Get Talking Card Pack (Manager)
- Let's Get Talking Card Pack (Employees)



MODULE 5
STRESS &
RESILIENCE

ONLINE

- Mindful Moments Audio
- Mindful Moment Activity
- Team Stress-Busting Activity
- Tips to Destress at Work
- Video: Understanding Stress
- Video: Building Resilience

MODULE 3
MANAGING
YOUR MOOD

ONLINE

- Mood Meter
- Mood stickers
- Video
- Resource Sheet (downloadable)

OFFLINE

- Mood buttons (Stop & Think Activity)



MODULE 6
EMOTIONAL
INTELLIGENCE

ONLINE

- Emotional Intelligence Activity
- Activity Sheet (digital)
- Video

OFFLINE

- Emotional Intelligence Card Pack
- Activity Sheet