

How to overcome hard days.



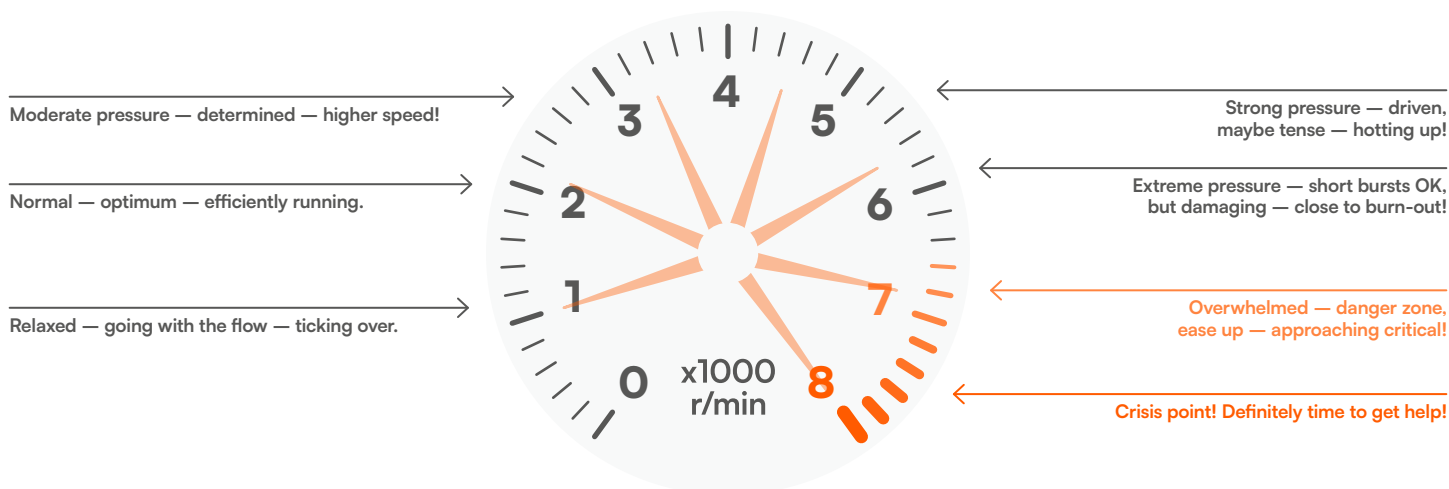
In today's fast-paced automotive industry, where teams are often smaller and resources are limited, prioritising your wellbeing can be a challenge. Our [M]enable Moments guides are designed to assist you in navigating various aspects of mental wealth.

In our sixth guide, Stephen Whitten, founder of [M]enable, explains what strategies you can adopt to overcome a hard day at the office.

So, I don't mean to sound dismissive when I say we all experience 'hard days', but these are very subjective!

What one person finds to be a really tough time, someone else may take in their stride — it all depends on what's going on for you and your ability to deal with it.

When you find yourself having a hard day, refer to our 'rev-counter' and apply it by asking yourself, 'how am I revving?' Use this quick guide to help you determine where you're revving!



After identifying the extent of your reaction to the hard day you're having, try applying these top tips:

- **Journaling** — Find yourself a little notebook and jot down the thoughts and feelings that have arisen for you that day. I find that doing this for 10 minutes a day not only helps to ease the thoughts but also records them, allowing me to look for patterns or trends over time. Make a note of what you're reflecting on that day, and also jot down everything you're grateful for in your life! It may seem tough at first, but give it a try!
 - **Exercise** — I always find it challenging when people tell me I should exercise, but unfortunately, they are right! The body and mind have a way of balancing themselves during and after some form of exercise — whether it's a brisk walk or a full-on gym session. Whatever works for you, remember that as humans, we're not meant to stay still, so movement and exercise are critical.
- (Top tips continued overleaf).

- **Meditation** — We live in busy worlds, and our focus is constantly being pulled into short, sharp bursts of thoughts that fill our minds! Meditation is great for getting ‘centred’ again. It doesn’t have to involve shutting yourself off from the world completely or doing anything that makes you feel uncomfortable. Yes, it can be achieved through practices like yoga, self-hypnosis, or deep relaxation, but you can also meditate by listening to music, reading, walking, sitting somewhere quiet, or even journaling — do what feels right for you.
- **Find joy** — Ask yourself, ‘What really gives me joy?’ What makes you happy? Do more of that! In my case, it’s working with an audience, but I also love solo travel (trains and planes), so my work facilitates that! When I do what brings me joy, my problems seem less troublesome.

If you try these tips but you’re already feeling overwhelmed or unable to cope, they might not feel helpful. In that case, you can try revisiting previous articles or contact us at action@menable.org for additional support.

Remember that self-care isn’t selfish! When you look after your own wellbeing, it positively impacts those around you.



About Stephen

Stephen Whitton was an Automotive Trainer, Speaker, Consultant, and Coach, known for his ability to captivate an audience on stage.

Despite his outward success, for many years he faced mental health challenges stemming from unresolved childhood trauma.

In 2020, he confronted these challenges head-on with the guidance and support of his inner circle.

This journey inspired the creation of [M]enable, an initiative focused on equipping leaders and businesses with tools to prioritise mental wellbeing in the workplace.

[M]enable fosters open discussions to promote a more empathetic, supportive, and resilient industry culture.

If you’d like to learn more or want help to embed mental wealth thinking into your business, please contact us via www.menable.org

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