



R U OK? And Mental Health Assistance

Some LearningPlanet Resources to Help your People through these difficult times

1 Minute Video Resources

R U Ok?

This video gives you four things you can do to approach people who may need some help and who may not actually be okay.

<https://www.learningplanet.tv/share?v=456832423>



4 Steps to Being Resilient

This video shares 4 tips to help you build more resilience in your life.

<https://www.learningplanet.tv/share?v=714305992>



Reducing Stress

This video explains 5 psychologically proven ways to reduce stress.

<https://www.learningplanet.tv/share?v=274978611>



10 Minute Video Resources

R U Ok?

R U OK is part of mental health initiatives around the world. This video has been designed as a resource to introduce you to the principles and how you can make it part of a wider mental health initiative.

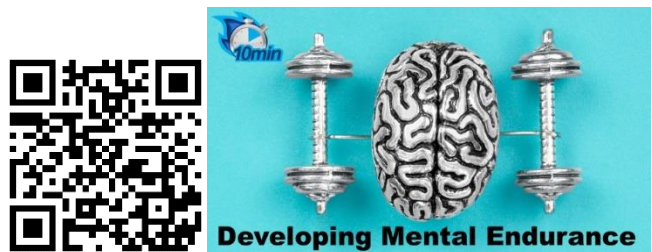
<https://www.learningplanet.tv/v/926003119>



Developing Mental Endurance

This video explains ways to build mental stamina and tips for developing mental endurance and ways we can be actively building mental strength to take us to the next level.

<https://www.learningplanet.tv/share?v=638884260>



Mindfulness

This video on mindfulness explains what mindfulness is, meditation techniques and the benefits and tips for mindfulness at work.

<https://www.learningplanet.tv/share?v=348747570>

