

Name of the initiative <i>Give a brief descriptive name for the activity or initiative you were involved in organising related to mental health and well-being</i>	And now...Stretch and breathe!
Target group <i>Was it aimed at all students or staff or a particular group?</i>	STAFF: The Special Collections Reader Services Team
Description <i>Give a short description of what was involved in organizing the activity or initiative.</i>	<p>These short wellbeing sessions often take part at the end of our weekly staff meetings, particularly if the meeting has been very intense or stressful for whatever reason.</p> <p>They involve a series of stretches and breath work that we all do together for about 10 minutes following the instructions of a member of staff with expertise in this area.</p> <p>The exercises help the team relax and focus on the day ahead.</p> <p>There is no special equipment needed for these sessions. The body stretches are done standing up or whilst seated on a normal chair.</p>
Partners <i>Was this solely run by the library or were other stakeholders involved, and if so how? Were students involved in planning the session, if so, how?</i>	In house activity aimed at members of staff only. No partners
Strategy <i>How, if at all, was the activity linked into wider library or institutional strategy?</i>	The initiative is run by one of the library's Wellbeing Champions and links with the University of Manchester's Mental Health and Wellbeing strategy called "Six Ways to Wellbeing"
Evaluation <i>How, if at all, was the activity evaluated?</i>	No formal evaluation. Only informal feedback from team.
What worked <i>Colleagues are looking for tips to help them run their events more effectively, what tips would you share to someone wanting to repeat what you have done?</i> <i>If applicable, please include how many people attended (if an event) or engaged (e.g. website clicks) or another appropriate measure for your initiative. Did this match expected engagement?</i>	<p>It is good to emphasize that taking part is always optional. Anyone wishing to leave is welcome to do so before the start of the session.</p> <p>With the stretching activities, always offer variations that work for different bodies and remind participants to go only as far as they are comfortable.</p>
What did not work	It is better to keep these sessions short and sweet

<p><i>What you would change if you were doing it again? Sharing what did not work can be as useful to help others as what did work.</i></p>	
<p>Photo <i>Are there any photos you can share that give us a feel for the initiative?</i></p>	No
<p>Resources <i>Is there a URL related to the initiative?</i></p>	No. However, the sessions are followed by weekly emails with links to other wellbeing resources available online (exercises, talks, publications...). These are sent by the same person who runs the Stretch and Breathe! sessions in her capacity as wellbeing champion.
<p>Your name, institution and contact details. Angel Cossigny, Wellbeing Champion, University of Manchester angel.cossigny@manchester.ac.uk</p>	
<p>Are you willing to share your contact details to other ALN staff so if they want to find out more they can contact you directly? Yes</p>	