

Guide

There are three exercises you can do as part of Danmarks Mentale Sundhedsdag. They work well between the virtual presentations, so you alternate between inspiration from the talks and opportunities to talk together.

The exercises are independent of one another, so you can choose just one or two if that suits you best. Each exercise consists of one or more worksheets with instructions. If you have enough participants to form several groups, it may be useful to review the exercises together beforehand, but this is not essential.

The most important preparation is to print the worksheets in advance.

1. TALK TOGETHER

An interview exercise that gives you a safe setting in which to learn more about one another. The focus is on being open and curious.

Time	30-60 minutes
Group size	3-8 people (preferably 3)
Note	Aim for around three people per group. Two or four can work, but the exercise is not suitable for larger groups.
Print	One copy per group.

2. DILEMMAS

An exercise using fictional cases to discuss how you can help colleagues have a voice in difficult situations and contribute to a healthy working environment.

Time	15-30 minutes per dilemma
Group size	3-8 people (preferably 4-5)
Note	There are three dilemmas. Choose one, two or all three, depending on the time available and their relevance. If you only use some of them, skim the dilemmas beforehand and choose the most relevant for your workplace.
Print	One shared response sheet per group and one copy of each relevant dilemma per group.

3. PUT IT INTO WORDS

An exercise in which you identify examples of where you have succeeded in creating psychological safety and reflect on what can make it difficult.

Time	20-30 minutes
Group size	3-8 people (preferably 4-5)
Note	No additional note.
Print	One worksheet per group.