



# Talk. Listen. Engage.

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February is all about connection, kindness, and community - from starting conversations that matter on Time to Talk Day, to embracing the power of small acts that make a big difference for Random Acts of Kindness Day.

Pancake Tuesday also occurs this month giving a perfect excuse to pause, share a treat, and enjoy a moment together - at home, in work - or why not do both? And don't forget to check out February's curated picks for books/films/podcasts/talks to keep your wellbeing front and centre.



# Time to Talk Day

Every year, \*Time to Talk Day reminds us of something simple yet powerful: conversations can change lives. Talking about mental health isn't always easy, but it's one of the most important steps we can take toward creating a supportive and connected workplace. When we open up, we break down stigma. When we listen, we show others they're not alone. Real human connection matters - and it starts with a conversation.

*\*There appears to be some confusion this year with some orgs celebrating TTTD on 5<sup>th</sup> Feb, and others on the 6<sup>th</sup> Feb! Lena is marking it on Thursday 5<sup>th</sup> and our free webinar (more info on p. 6) also takes place that day.*

**1 in 4 people experience mental health challenges each year**

**Just one supportive conversation can reduce feelings of isolation by up to 40%**

**People who feel connected at work are 3x more likely to thrive**

## Why talking helps

Sharing how we feel can:

- Reduce stress and anxiety
- Strengthen relationships
- Help us find solutions or simply feel heard

You don't need to have all the answers. Sometimes, just listening without judgment is enough.

## Why listening matters

Listening is just as important as talking.

When someone opens up:

- Give them your full attention
- Avoid rushing to fix things
- Show empathy and understanding

A simple 'I'm here for you' can make a world of difference.

**Call to Action**

This Time to Talk Day, we're encouraging everyone to **Take 5 & Connect**.

**Here's how:**

**01. Scroll through your phone or email contacts.**

**02. Pick five people you haven't talked/met with in a while.**

**03: Send a quick message:**

**'Hi, just checking in - how's life with you?'**

or a slightly more formal option:

**'Hello, I've just realised we haven't connected in a while - how are you fixed for a call or a face-to-face catch-up soon?'**

It's a small gesture that can make a big impact.

You never know who might need, and benefit from, that simple act of reaching out.

Mental health conversations don't have to be complicated. They just have to start.

So, take a moment, reach out, and listen.

Together, we can make our workplaces - and our lives - more supportive and connected.



# Random Acts of Kindness Day

## The power of kindness

Random Acts of Kindness Day takes place on 17th February and highlights that kindness is more than just a nice gesture - it's a force that strengthens relationships, boosts wellbeing, and sparks positivity. Studies show that being kind releases feel-good hormones (like oxytocin and serotonin), reduces stress, and fosters improved mental health and stronger social connections.

**63% of UK adults say their mental health improves when they receive kindness - and when they give it.**

**Studies link kindness to better mood, self-esteem, and lowered stress - and even help prevent future mental health issues.**

**In Ireland, attitudes toward kindness mirror these benefits - research shows positive community kindness experiences bringing emotional and social wellbeing.**

## Simple ways to spread kindness

### At Work

- Offer help proactively: 'Need a hand with that?'
- Acknowledge achievements, personal or professional, in team chats or meetings.
- Give undivided attention - listen actively to colleagues.
- Share positive feedback, even outside your team - spot and comment on the good things.

### At Home

- Leave a sticky note by the mirror: 'You're doing amazing!' or 'Have a great day!'
- Cook a favourite meal or prepare a surprise snack.
- Take over a chore or run an errand to ease someone's day.
- Say 'thanks' for the simple things actions - like making the bed or leaving out the trash.

## 10-DAY BE KIND CHALLENGE

- Day 1 - Offer a warm smile to someone as you pass
- Day 2 - Leave a love note for someone at home
- Day 3 - Buy coffee for a colleague
- Day 4 - Compliment a stranger
- Day 5 - Donate time or money to charity
- Day 6 - Hold a door open for someone
- Day 7 - Offer to help with chores or errands
- Day 8 - Help someone before they ask
- Day 9 - Tell someone what you appreciate about them
- Day 10 - Reflect: journal how these acts made you and others feel

## RINSE & REPEAT!



# Pancake Tuesday

## Flip, share and care!

This year, Random Acts of Kindness Day and Pancake Tuesday fall on the same date (17th Feb) - a perfect opportunity to combine both!

**Kindness doesn't need to be grand - in this instance it can be as easy as:**

- Bringing a plate of pancakes to the office kitchen.
- Dropping off a few to a friend or neighbour.
- Hosting a quick pancake break for your team.

**Serve up some goodness with a side of connection.**



## Banana & Oat Pancakes with the option to 'protein-pack')

### Ingredients (serves 2)

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- 1 banana
- 75g oats
- 3 large eggs
- 2 tbsp milk (dairy, soy, oat, or nut)
- 1 tbsp baking powder
- Pinch of cinnamon
- **OPTIONAL:** 2 tbsp protein powder (whey, pea, etc)
- Oil for frying

### Instructions

1. Blend banana, oats, eggs, milk, baking powder, cinnamon, **and protein powder (if including)** until smooth (1-2 mins).
2. Heat a little oil in a frying pan. Pour batter in 2-3 small rounds. Cook until bubbles form (1-2 mins), flip, and cook another minute.
3. Keep warm in the oven and serve with nut butter, berries, or sliced banana.

Nutrition (per serving): 437 kcal, 31 g protein.

### Tips & variations

**Mini pancakes:** Use a smaller scoop for bite-sized pancakes, perfect for kids or sharing.

**Freezer-friendly:** Freeze cooked banana oat pancakes flat, then reheat in the microwave (30-60secs).

**Flavour boosters:** Stir in berries, nuts, or chocolate chips into the batter; top with yogurt and fruit.



# Time to Talk Day & Random Acts of Kindness Day Resources

Below are some ideas for books, podcasts, films, and talks, that might be of interest if you're keen to explore further, topics like; the power of kindness and connection, and resilience in the face of adversity.

## Books to inspire and inform

### **'The Keys to Kindness' - Claudia Hammond**

A research-driven exploration into kindness, its psychological and social benefits, and practical ways to cultivate compassion in daily life.

### **'The Art of Happiness' - Dalai Lama & Howard Cutler**

A classic on compassion and emotional wellbeing.'

### **'The Little Book of Kindness' - Bernadette Russell**

Practical ideas for everyday acts of kindness.

### **'Lost Connections' - Johann Hari**

Explores the importance of social connection for mental health.

### **'Mental Health Book: 22 Stories of Recovery & Hope' - Grow Ireland**

Personal narratives from Irish peer support groups showing the impact of social connection on wellbeing.

## Films/docs to spark reflection

### **'Pay It Forward' (Apple TV/Amazon Prime)**

A heartwarming story about spreading kindness through small acts.

### **'The Pursuit of Happyness' (Netflix)**

Inspiring story of resilience and hope through hardship.

### **'Unspoken' (Youtube, 2025, UK)**

A short mental health film reflecting on isolation, communication, and the importance of checking in via texts and social media.

### **'The Kindness Within: A Journey to Freedom' (einnews.com)**

Leon Logothetis's documentary traces his journey across remote communities, highlighting healing through kindness.



## Podcasts to uplift and educate

### **'Action for Happiness'**

UK-based podcast with inspiring conversations about creating a happier, kinder world.

### **'The Kindness Project'**

A UK podcast sharing real-life stories of kindness and community transformation.

### **'The Wellness Panel'**

Ireland-based monthly discussions with experts exploring mental health, recovery, and emotional resilience.

### **'Unlocking Us with Brené Brown'**

Conversations on vulnerability, empathy, and connection.

## TED Talks worth watching

### **'Kindness is the key to connection' - Kath Koschel**

A TEDx talk about forging deep bonds through kindness, even after trauma.

### **'The value of kindness at work' - James Rhee**

Showcasing how workplace compassion can transform organisations.

### **'How Acts of Kindness Sparked a Global Movement' - Asha Curran**

Insights on the GivingTuesday movement on global generosity and community impact.

### **'How to Connect in a Disconnected World' - Rupal Patel**

Strategies for meaningful human connection.

# Free online webinar



## Time to Talk

**When: Thursday 5<sup>th</sup> February 2026**

**Time: 11.00am to 12.00pm**

Time to Talk Day 2026 is an opportunity to bring colleagues together to break down stigma around mental health, encourage open conversations, and foster a supportive workplace culture.

This webinar will highlight why talking about mental health matters, share practical tools for listening and supporting one another, and inspire everyone to take small steps that make a big difference.

- Encouraging honest conversations about mental health to reduce stigma and build trust
- Sharing tips on active listening and supportive responses in everyday workplace interactions
- Inspiring collective action to make mental health conversations a normal part of workplace culture



**Visit [Enthuse](#) to register.** (NB Maximum 500 places available)

**Please sign up for our free webinars as early as you can as places are allocated on a first come, first served basis.**

**Please check your spam/junk folder for the email confirmation including your Zoom link if it doesn't appear in your inbox soon after registering.**



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