



My Whole Self

My Whole Self Day 2026: Toolkit for workplaces

Psychological safety: The productivity advantage

My Whole Self Day: Tuesday 10 March 2026



MHFA England

Brought to you by MHFA England

Creating psychologically safe, high-performing teams where everyone can thrive.

Welcome to My Whole Self 2026

My Whole Self is MHFA England®'s campaign for workplace culture change. Each year, we help organisations create environments where people feel safe to speak up, share ideas, and be themselves at work.

This toolkit gives you everything you need to plan and run your My Whole Self Day on **10 March 2026** or whenever you choose. It's practical and simple to use, whether you work in HR, internal communications, EDI, manage a team, or support workplace initiatives.

This year's theme focuses on **psychological safety and its impact on productivity and performance**. When people feel able to contribute openly, teams communicate better, collaborate more, and stay engaged.

This toolkit sits alongside our **My Whole Self: Guide to creating inclusive workplace cultures** and our free resource library.

The guide brings together all our tools in one place.

This toolkit focuses on how you, and your organisation can celebrate My Whole Self Day.

Use it to plan your activity, involve managers, and encourage colleagues to take part.



What's new for 2026

We've refreshed and updated My Whole Self to help workplaces take part more easily.



Updated activities and team exercises

Simple options to help colleagues connect and share ideas, wherever they work.



A refreshed resource library

Improved signposting to the My Whole Self guide, conversation tools, activities, and manager resources.

[Resource library >](#)



This year's national webinar

A live session on **10 March 2026**, exploring how psychological safety supports communication, collaboration, and performance.

[Register for the webinar >](#)

Quick start: Your My Whole Self Day in five steps

1

Get familiar with the theme

Share the My Whole Self guide with colleagues involved in planning and agree your focus for the day.

[Guide to creating inclusive workplace cultures >](#)



2

Choose your activities

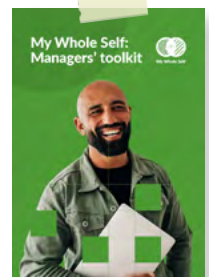
Use our activities and team ideas for 2026 below or browse the full resource library to find what suits your organisation.

3

Involve your managers

Encourage managers to use the My Whole Self: Managers' toolkit to support their teams.

[Managers' toolkit >](#)



4

Plan your communications

Use the templates later in this toolkit to announce your plans and invite colleagues to take part.

5

Join the national moment

Bring colleagues together on the day and take part in [#MyWholeSelf](#).



My Whole Self

Activities and team ideas for 2026

Choose the activities that work best for your teams and workplace. All are quick, flexible, and suitable for in-person, hybrid, or remote settings.

1. Team connection activity

A short warm-up where colleagues share something about themselves, such as a hobby, interest, or value.

2. Psychological safety pulse check

Invite colleagues to reflect on how safe they feel speaking up. Use the insights to spark a short team discussion.

3. My Whole Self MOT

A simple reflection tool to help people think about how connected and supported they feel at work.

[MOT >](#)

4. Creative or storytelling prompt

Ask colleagues to bring or share an object, photo, or short story that represents who they are.

5. Manager-led conversation

Use a prompt from the Managers' toolkit to start a discussion about how your team works together.

6. #MyWholeSelfie moment

Invite colleagues to share a selfie or team photo and join the national moment on internal channels or social media using #MyWholeSelf.

[Download #MyWholeSelfie assets >](#)

7. Inclusive meeting review

Explore how meetings feel: Who speaks? Who holds back? What supports good discussion? Agree one small improvement to try.

8. Watch the My Whole Self webinar

Join live on 10 March or view the recording later. Use it to start a conversation about psychological safety. [Register >](#)

9. Team strengths or gratitude activity

Take a few minutes to recognise strengths or invite colleagues to share something they appreciate about one another.



20-minute team session template

A simple, ready-to-run option for managers.

1 Welcome (2 minutes)	Explain that the session is part of My Whole Self and focuses on creating psychologically safe workplaces. You may want to define what psychological safety is: <i>“Psychological safety is a feeling that you can speak up, ask questions, admit mistakes, and share ideas without fear of embarrassment, rejection, or punishment.”</i> <i>Psychological safety has been found to strengthen productivity, performance, and employee wellbeing.”</i>
2 Warm-up questions (3 minutes)	Choose one: <ul style="list-style-type: none">– What helps you feel comfortable sharing ideas?– What helps your team feel included?– When do you feel most confident contributing?
3 Small group discussions (5 minutes)	In pairs or small groups, ask colleagues to talk about: <i>“What helps us work well together, and what gets in the way?”</i>
4 Share back (5 minutes)	Ask each group to share one idea that supports good teamwork and one small change they’d like to try.
5 Agree a next step (3 minutes)	Choose one action to test over the next month <ul style="list-style-type: none">– something achievable. Examples: <ul style="list-style-type: none">– Rotate who chairs meetings– Ask one check-in question at the start of team meetings– Make space for questions at the end of the discussions
6 Close (2 minutes)	Thank the team for taking part and share useful links such as the MOT or Managers’ toolkit.

Your My Whole Self resources

Use these free resources to help you plan activities, involve managers, and support colleagues throughout the year.



My Whole Self: Guide to creating inclusive workplace cultures

Brings together all the My Whole Self tools in one place, including activities.

[Read the guide >](#)



My Whole Self: Managers' toolkit

Practical tools for managers to have supportive conversations around wellbeing and productivity and build team connection.

[Grab the toolkit >](#)



My Whole Self MOT

A simple check-in for individual wellbeing and confidence.

[Reflect with the MOT >](#)



#MyWholeSelfie selfie guide

Shareable graphics for the national moment.

[Download the selfie guide >](#)



My Whole Self webinar

Join the national discussion on psychological safety and performance.

[Register for the webinar >](#)

Communications pack

Use these templates to announce your plans, invite colleagues to take part, and share your activity. Adapt the wording so it suits your organisation.

Internal email

New message — ↗ ✕

To: Everyone

Subject: Join us for My Whole Self Day: 10 March

Hello everyone,

On 10 March, we'll be taking part in My Whole Self Day, the campaign for workplace culture change from MHFA England®. It supports the creation of workplaces where people feel safe to speak up, share ideas, and be themselves.

Teams thrive when all voices are encouraged to speak up with ideas, questions, or concerns without fear of embarrassment or retaliation. Psychologically safe work cultures are proven to unlock creativity, productivity, and belonging.

We'll be running a range of simple activities to help us connect as a team, including:

[Insert details of your activity or event]

You can also take part by joining the national moment and sharing a photo using **#MyWholeSelf**.

We hope you'll get involved.

[Sign off]

Send A | 📎 😊 🖼️ 🗑️ | ▾

Intranet or newsletter text

My Whole Self Day

My Whole Self Day: 10 March

We're taking part in My Whole Self Day, the campaign for workplace culture change from MHFA England®. It supports the creation of workplaces where people feel safe to speak up and share ideas. This year's theme focuses on psychological safety and how it supports communication, collaboration, and performance.

We'll be running activities across the day, and everyone is invited to join. Find out more at: [Insert link to your internal page or activity details]

Use **#MyWholeSelf** to take part in the national moment.

Leader or sponsor quote

- "We're proud to support My Whole Self Day. Feeling able to speak up and share ideas is essential for how we work together."
- "Psychological safety helps us collaborate and do our best work. My Whole Self Day is a great moment to reflect on how we support that as a team."

Social media captions

Option one



We're taking part in My Whole Self Day on 10 March – a national moment to celebrate identity, connection, and psychological safety at work.

#MyWholeSelf

Option two



Small everyday actions help create workplaces where people are safe to share ideas and be themselves. We're proud to join **#MyWholeSelfDay** this year.



About My Whole Self and MHFA England



My Whole Self

About My Whole Self

My Whole Self is MHFA England's campaign for workplace culture change. It supports organisations to create environments where people feel safe to speak up, share ideas, and be themselves at work.



MHFA England

About MHFA England

MHFA England is a social enterprise providing evidence-based mental health training and consultancy.

Together, we create mentally healthy workplaces where people, communities, and business thrive.

Final checklist

Use this quick checklist to make sure you're ready for My Whole Self Day.

- ✓ Agreed your activities for the day
- ✓ Shared the toolkit with managers and colleagues
- ✓ Planned your communications and key dates
- ✓ Prepared any resources you need (e.g. MOT, activities, slides)
- ✓ Joined or planned to watch the webinar
- ✓ Encouraged colleagues to take part in the #MyWholeSelf moment

Thank you

Thank you for taking part in My Whole Self Day.

By getting involved, you're helping to create a workplace where people feel safe to speak up, share ideas, and work well together.





My Whole Self