



BetterWork
Jordan

▶ A Guide to a Healthy Body, Healthy Mind

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Contributions

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Improve the Mental Health of the Workers in the Garment Sector Through Sport **Better Work Jordan**

Introduction

Mental health is an important aspect of overall health and well-being. It includes our emotional, psychological, and social well-being, and is influenced by various factors such as life experiences, genetics, and social and economic conditions. Engaging in activities that promote mental health can help individuals feel more positive and capable of coping with life's challenges and can also help prevent or reduce the impact of mental health problems.

Mental health is the key to a healthy work environment. Sports can play an important role in improving mental well-being. Just participating in sports has been shown to decrease feelings of loneliness, depression, and anxiety while increasing feelings of self-esteem and social connectedness. Also, it decreases the rates of major depressive episodes, suicidal thoughts or attempts, and social isolation.

To that extent, Better Work Jordan- the mental health project is introducing the «Sport for Mental Health» campaign as part of the mental health awareness campaign, which promotes healthy minds via healthy bodies, the campaign aims to improve workers' mental health by using sport.

The purpose of this guide is to provide adults with a range of activities that can support their mental health and well-being. It is designed to help individuals identify activities that they find enjoyable and that can help them cope with the challenges of daily life.

A guide like this can be useful for adults who are looking for ways to improve their mental health and well-being, or for professionals who are working with adults and want to provide them with ideas and resources to support their mental health.

About the project

The Better Work Programme is a partnership between the International Labour Organization (ILO) and the International Finance Corporation (IFC). Better Work brings together governments, global brands, factories, trade unions and workers to improve working conditions in the garment industry and make the sector more competitive. With support from the US Department of Labor, Better Work Jordan launched a project in 2021 that aims at improving mental health of workers in the garment sector. The project is mainly centred on women and migrant workers as they form the majority of the workforce in the sector and face many psychical and psychological stressors. It focuses on building workers' resilience against mental health risks, including through help-seeking, and on enhancing access to factory-level support and referral to specialised organisations. The project takes two main approaches to achieve its objective of improving workers' mental wellbeing: (1) raising mental health awareness at organisational and individual levels; (2) devising and implementing a mental health policy on factory capacity building to develop a system that identifies, manages and refers mental health cases.

This guide aims to:



- Good self-esteem
- Sense of belonging/
sense of connectedness
- Opportunities for success
- Recognition for
achievement
- Improved physical health
- Positive environment
- Increased energy
- Sense of belonging
- Improved social, coping,
and problem-solving skills
- Improved quality of life



- Low self-esteem
- Lack of support
- Social isolation
- Impaired functioning

How to use this guide:

In this guide you will find the following activities:

All participants shall go through them in order, starting from frisbee, and ending with relaxation.



Frisbee “Free Throw”



Team activity



Mental health goal:
introducing sport's impact on mental well-being

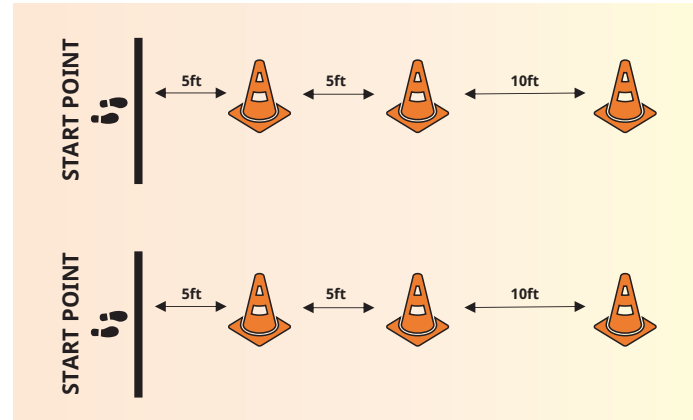


Material: • 2 Frisbees • 6 Large Cons
• 6 Small cons • Chucks

Instructions:



1. Divide players into two teams
2. Use the chucks to draw the starting point on the ground for each team.
3. Place the cons at different distances from the starting position e.g., (5 ft, 10 ft, and 20 ft).
4. Assign each con with a point value e.g., (5 ft= 2 points, 10 ft= 4 points, and 20 ft= 8 points). If a player throws the frisbee and touched the con, double the points.
5. Let each player think of what stresses them!
6. Each player will throw the Frisbee and think of their stressors while they are throwing it.
7. Add the points of each team member.
8. The team with the highest points wins.



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This exercise will help you:

- Reduces stress
- Enhances well-being
- Mood booster
- Improve self-esteem
- ncreases social connections
- Give you sense of achievement
- Encourages teamwork

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Exercise, including participation in sports, can be an effective way to manage stress due to the release of endorphins, which are chemicals produced by the brain that can help to reduce pain and stress. Exercise can also lower the levels of stress hormones, such as cortisol and adrenaline, in the body. Research has shown that engaging in physical activity for as little as 20-30 minutes per day can contribute to a sense of calm and relaxation.

”

Self-Care Ball “Let’s Team up”



Team activity



Mental health goal:

Introducing strategies for self-care and emphasizing the importance of maintaining overall well-being can assist individuals in feeling more balanced, centered, and able to cope with the demands of daily life.¹

Instructions:

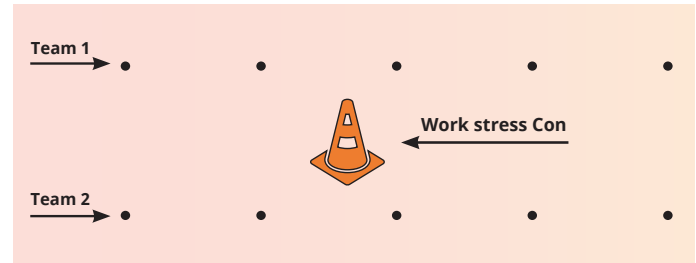


1. Divide players into teams
2. Make the teams stand across from each other
3. Make sure the players are far from the con in the middle with a minimum of 5 ft distance.
4. Each player will have a small ball with a picture of a self-care activity
5. Before they throw the ball, they have to say what self-care activity they have on the ball.
6. Then Players will throw the “self-care ball” on the stress cone to make it fall using only their hands.
7. If a player made the con drop the whole team gets a point
8. Calculate the total points for each team and the team with more points wins

Material:



- 1 large con (with the word “Work Stress” printed on them)
- 20 handballs (each printed with a self-care strategy)



¹ Self-care refers to the actions that individuals take to maintain their physical, mental, and emotional health. It is important because it allows individuals to take care of themselves and their well-being, which can help them to feel more balanced, centered, and capable of handling the demands of their daily lives.

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This exercise will help you:

- Reduces stress
- Enhances well-being
- Increase your energy
- Mood Booster
- Give you sense of pleasure



”

“

Self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.



”

Stronger Together “Let’s Share”



Team activity



Mental health goal:

introducing peer support and how can be a valuable resource for individuals seeking support and can play an important role in promoting psychological well-being.



Material:

- 10 Footballs
- 10 handballs

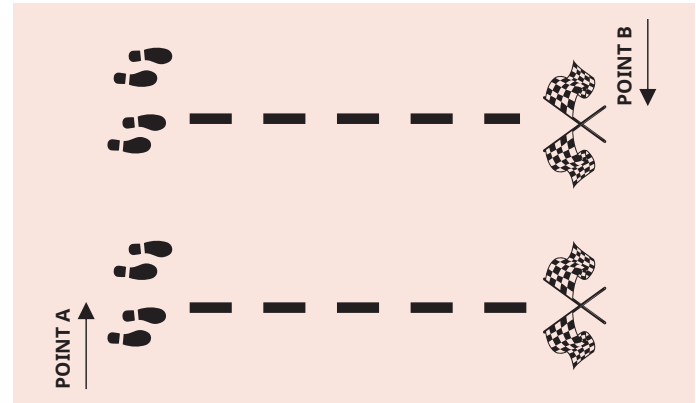
Instructions :



Divide the players into pairs.

Level 1: Each pair will be given a football, which they will deliver from Point A to Point B using their body sides together (between their shoulders). Pairs who reach Point B without dropping the ball and return to Point A are the winners.

Level 2: Each pair will be given a handball, which they will deliver from Point A to Point B using their body sides together (between their waists). Pairs who reach Point B without dropping the ball and return to Point A are the winners.



“



This exercise will help you:

- To be more social
- Enhances well-being
- Trust others
- Mood Booster
- Give you sense of belonging

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Positive collaborative relationships amongst peers in the workplace can improve employees' mental well-being, increase their confidence, and improve their ability to cope with everyday workplace stressors.

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Ready, Set, Accept “Let’s Feel”



Team activity



Mental health goal:

The mental health goal is to introduce emotions to participants and reduce the shame associated with some emotions.



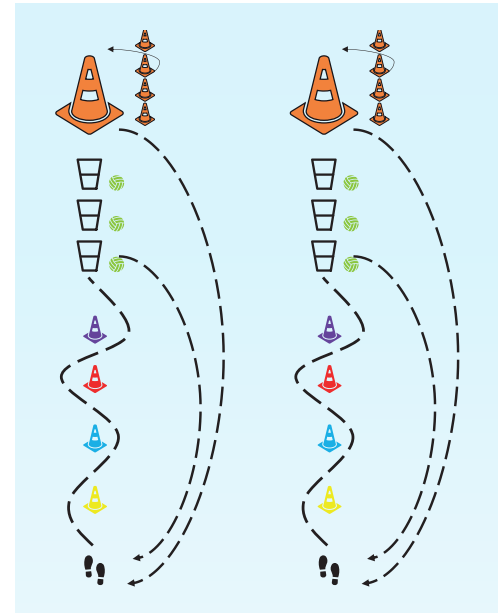
Material:

- 12 large cons
- 16 small cons
- 6 small balls
- 6 paper cups
- Whistle
- Timer

Instructions :



1. Divide players into teams.
2. Have the players lined up at the starting point?
3. When the facilitator blows the whistle, the first player will go through the four cones that represent happiness, sadness, fear, and anger.
4. The first player will put the first ball in the cup and return to the end of the line, high-fiving the second player. The second player and third player will do the same until all the balls are in the cups.
5. The fourth player will go through the emotion cones and then pick up one of the small cones and place it on the large cone, followed by the rest of the players. The small cones will be arranged to spell out the word «ACCEPT» at the end.
6. The team that finishes first wins the game.



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This exercise will help you:

- Build better relationships
- Enhances well-being
- Mood Booster
- Increase your energy
- Trust others



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Identifying our emotions and managing them allows us to regulate how we feel physically as well as psychologically. Also, it is normal to feel sad, angry, or frustrated. And be aware that suppressing your emotions, can lead to physical stress on your body.



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Free Move “Let’s Dance”



Team activity non-specified



Mental health goal:

introducing the positive impact of dancing impact on mental well-being



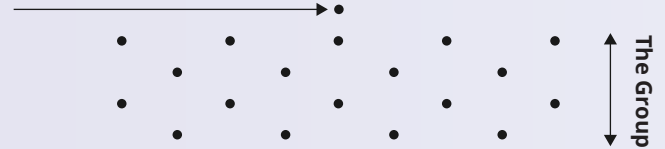
Material: 1. Speakers
2. Specified music

Instructions:



1. Make people stand in zig-zag columns.
2. Make sure everyone can see your dancing moves.
3. Start each song by introducing the dance moves to the group “slowly”
4. Start dancing.

The Main Dancer



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This exercise will help you:

- Reduces stress
- Enhances well-being
- Mood booster
- Improve self-esteem
- To be more social
- To have better sleep
- Increase your energy
- Give you sense of pleasure

”

“



Dancing improves your overall well-being and reduce feelings of loneliness or isolation. The combination of dance, music, and exercise can effectively destress and relieve anxiety and depression.

”

Stretching “Let’s wrap it up”



Side Stretch

Stand straight. Keep your feet hip-width apart and your knees slightly bent. Extend your right arm over your head and lean to your left. Hold for 5 – 8 seconds, then repeat on your other side.



Calf Stretch

Stand with your left leg extended behind you. Point your left foot forward and keep it hip-width apart from your right foot. Keep your right knee bent and put your hands on it as you drop the heel of your left foot to the floor. Hold for 5 – 8 seconds, then repeat on the other side.



Hamstring Stretch

Stand with one leg straight out in front of you and the other slightly bent beneath you. Plant the heel of your straight leg on the floor, pointing your toes upward. Slowly bend forward from your hips (not your waist) – you can help ensure this by keeping your back as straight as possible. Hold the position for a few seconds, then relax. Repeat on the other side.



Cross-Body Shoulder Stretch

Start standing. Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder. Make sure to keep your elbow below shoulder height. Hold for at least 30 seconds and then repeat on the other side.

Relaxation Technique “Let’s Relax”



Deep Breathing:



Get comfortable.

Place one hand on your belly. Place the other hand on your chest.

As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that’s on your chest.



Breathe in through your nose.



Let your belly fill with air.



Pause for five seconds



Breathe out through your mouth.



Repeat 2 or 3 times

“



This exercise will help you:

- Relax
- Enhances well-being
- Reduce stress
- Increase your energy

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Relaxation keeps your heart healthier, cuts stress, reduces muscle tension, improves brain function and memory

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