



Help Watford be the most mentally healthy town in the UK.



Full details of how to take part at
www.bigselfie.info

Benefits

Citizens



Elevate your personal mental health, resilience, and quality of life.

Students



Sustain your mental coherence and enhance your creativity and study.

Managers



Improve engagement and discretionary effort of staff as well as teams in your workplace using Data Science and Business Analytics for workplace fitness.

Employers



Owners, Executives and Managers can use Business Analysis and Executive Coaching guidance to fortify their business integrity and contribute to enhancing Watford's Economy.

3 steps to take part

and improve your mental health

1

Register at an in-person event organised by your business or organisation. As a business you can register to take part at www.bigselfie.info

2

At the event use your phone, tablet or computer to connect to the **Big Selfie** app.

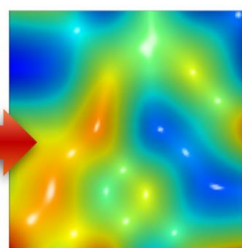
We'll give you an account to login. Use the app's questionnaire to score how well you are getting your needs met and helping others to meet theirs. These scores are a measure of your mental health. The app will lay out your scores in a grid to see them all in one space.

7	7	8	7	8	8
9	8	6	7	6	8
6	6	5	8	7	5
6	5	7	6	8	8
4	6	5	8	6	5

Scores of how well you are meeting your needs and helping others with theirs.

In a paint by numbers way, the app will then turn your scores into colours -creating a colour heatmap, a 'selfie' of your mental health, a 'Mental Selfie'. Its like a radar sweep of your life, showing where you are meeting your needs well and where you aren't. Red areas are low scoring, green are average for you and blue where you are doing the best you can.

7	7	8	7	8	8
9	8	6	7	6	8
6	6	5	8	7	5
6	5	7	6	8	8
4	6	5	8	6	5



Scores of how well you are meeting your needs..

..In a paint by numbers way are turned into colours

3

The Big Selfie initiative's app and website will guide you on how to understand each day's Mental Selfie image. Each image has clues in it on what need you must prioritise to ensure you make the best use of your energy and make the best of your day for yourself and with others

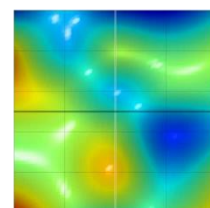
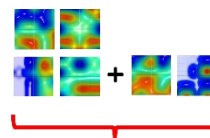
The app will analyse your scores and find the priority need to get met on each day to make the best use of your energy and make the most of your mind. We can even match you to others who might best support you, stretch your mind and who you could reflect with, critical things needed to sustain your performance, productivity and sense of purpose.



Share your Mental Selfie and help normalise people talking about how they are making the best of their mental health.

We'll blend your Mental Selfie image with everyone else's joining from your family, community, or workplace to create one single big picture of Watford's mental health, **The Big Selfie**. This can be used to see the whole town's mental health in one picture.

Selfies of individuals, groups and businesses



Combined to make a Big Selfie for Watford