

Mental Health

Why is Employee Mental Health Important?

Work is good for our mental health as it challenges us to think critically and allows us to interact with others.

Creating a **positive work environment** and promoting **personal wellness** make a significant difference in our mental health. There are many effective ways to promote mental health in the workplace which can lead to increased productivity and better relationships.



Creating a Positive Work Environment

- Check-in regularly with employees
- Promote social connection (potlucks, tea times, etc.)
- Encourage employee self-care
- Create an environment of collaboration and communication
- Allow opportunities for learning and training
- Integrate thankfulness and appreciation often
- Celebrate success in and out of the workplace
- Be mindful and respectful when communicating
- Ask your colleagues how you can help
- Share responsibility as a team
- Avoid impulsive behavior

Resources

- [Employee Assistance Program](#)
- [Behavioral Health Institute](#)
- [SPARK](#)

Personal Wellness Challenge

Complete the Personal Wellness Challenge at the end of each day, put a check mark for each behavior you engaged in for that day. Add up the total for each day (aim for at least 8 check marks per day).

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
I went on a walk							
I got 7-9 hours of sleep							
I ate 1-2 servings of fruit							
I ate 1-3 servings of vegetables							
I drank at least 64 oz. of water							
I engaged in exercise (strength, cardio, stretching)							
I took at least one minute for deep breathing							
I had a meaningful interaction with someone							
I used critical thinking skills							
I used my problem solving skills							
I organized/planned my day							
I engaged in a spiritual experience (prayer, service, etc.)							
I did a nice gesture for someone							
I engaged in a self-care activity							
I complimented someone							
I expressed gratitude							
Total (add the check marks for each day)							

