

STARTING THE CONVERSATION MENTAL WELLNESS IN THE WORKPLACE

According to new research by the Society for Human Resource Management, as they live through the COVID-19 pandemic, between 25% and 35% of U.S. employees often feel emotionally drained, have trouble concentrating, or have lost interest in activities they once enjoyed.

4 EASY STEPS TO START THE CONVERSATION:

STEP 1:

Talk about it. Have a workplace culture where people feel safe to discuss mental wellness. Create an environment free of stigma where employees can talk openly about mental health, and do it regularly by finding what works for your business.

STEP 2:

Take the temperature by engaging an expert to facilitate and open up the conversation on mental health. Need help finding someone? Consult with your local Chamber of Commerce for a listing of mental health professionals in your area.

Start Simple:

People are so emotionally charged by many personal stressors like the health and safety of their families, their financial futures, the state of our world... the list goes on.

A personal "check in" asking, 'how are you doing?' and 'is there a way I can help?' goes a long way and will make a meaningful difference in the lives of your employees.

STEP 3:

Engage leaders to be authentic and lead with compassion. Now more than ever, emotional intelligence is being called upon. If you're not even in that arena, start with [Verb](#) who offers plug and play collections on topics like emotional intelligence, mindfulness, conscious management and more.

STEP 4:

Give access to help by offering some simple, accessible solutions like online therapy through [Lyra](#) or meditation through [Headspace](#). Don't stress about implementing a major program or campaign, just let your employees know what your plan is to support them!

READY FOR THE NEXT STEPS?

Let us help you develop a holistic mental wellness approach. Download our FREE Mental Wellness eBook!

START HERE: MENTAL WELLNESS IN THE WORKPLACE .

