

5 ways to work on your mental health anytime

When it comes to our mental health, there aren't always easy fixes. But there are quick, simple exercises you and your colleagues or employees can do from home or the office.



01 MINDFULNESS OVER MATTER

Whether you work with a small group or a large team, at a desk or in the field, from home or not, taking a few moments each day to reconnect with ourselves and each other can have wonderful benefits.

HOW IT HELPS: Studies have shown that practicing mindfulness results in improved concentration, stress reduction, effective communication, adaptation to change, and overall health improvement.

HOW LONG IT TAKES: Just 5-10 minutes a day can make a big difference. Incorporating mindfulness into the beginning, middle or end of your workday allow you to let go of your stress. Try a 5-minute meditation [here](#).

02 YOGA, WITHOUT THE STUDIO

With many people working from home, desk yoga can help get active and move your body! We encourage you and your team to focus on your body and breathing throughout this exercise.

WHY IT'S IMPORTANT: Reminding your employees and colleagues to step away from their keyboard can help them reflect and prioritize their wellbeing.

WHAT YOU'LL NEED: Desk yoga requires little to no equipment (any chair/space will do) and approximately 5 minutes out of the day to reflect and recharge. For a 5-minute yoga break, click [here](#).



03 MUSIC MAKES THE PEOPLE COME TOGETHER

Create a happy, uplifting music playlist with input from all staff!

WHAT IT CAN DO: The purpose of this activity is to allow all employees to be heard and share something that makes them feel happy.

HOW YOU CAN ORGANIZE IT: First, email your staff inviting them to respond with one song that brings joy to them. Then, create a public playlist on [Spotify](#) and share with your staff!



04 COMFORT, CONVERSATION, CONNECTION

Not only is it fun to connect on a new platform, but hosting events helps to build confidence and comfort between team members for stronger relationships.

HOW IT CAN HELP: It's especially important for maintaining a positive company culture in a time when face-to-face communication is limited.

WHAT PLATFORMS YOU CAN USE: For an open social hour, we suggest Zoom or Microsoft Teams. For both chat and play, [Backyard.co](#), [Houseparty](#) or [Jackbox TV](#) allow you to break off into smaller groups.



05 CREATE A JUDGEMENT-FREE ZONE

It can be difficult for someone to come forward about their struggles with mental health and addiction. But creating a judgement-free zone may provide the encouragement they need to seek help.

HOW TO START: Consider some of these conversation starters:

- "How can I support you without overstepping? What do you think you need right now?"
- "Let's explore the resources we have available here, and identify what else you might need."
- "How are you dealing with your stress? What coping strategies have you found helpful?"

HOW TO PROVIDE SUPPORT: So you've started the conversation. What's next?

- Stay supportive. Listen and take them seriously.
- Stay in touch. Check in regularly and sensitively.
- Stay curious. Be tactful and compassionate when inquiring.
- Stay vigilant. If someone is talking about ending their life, this could be a medical emergency. Call 911 and stay calm until help arrives.

