

# 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 whether you're working from home, from the office, or a hybrid model.



## 01 MINDFULNESS OVER MATTER

Taking a few moments each day to reconnect with ourselves and each other can have wonderful benefits.

**HOW IT HELPS:** 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. Try a 5-minute meditation [here](#).

## 02 YOGA, WITHOUT THE STUDIO

We've been sitting at home long enough. Desk yoga can help get active, move your body, and focus on your breathing!

**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:** Let all your employees 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

Hosting events, in person or online, helps to build confidence and comfort between team members.

**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 social hour, we suggest Zoom or Microsoft Teams. If you want to meet in person, try outdoors if possible.



## 05 CREATE A JUDGEMENT-FREE ZONE

Creating a judgement-free zone may provide the encouragement they need to seek help for mental health and addiction.

**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 are 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.

## WHAT DOES POSITIVE MENTAL HEALTH MEAN FOR YOUR ORGANIZATION?

Happier employees mean a healthier business—plain and simple. Here's what that can look like:



LESS ABSENTEEISM & LATENESS



LOWER EMPLOYEE TURNOVER



MORE TEAMBUILDING & COLLABORATION



IMPROVE DECISION-MAKING



MORE PRODUCTIVITY & INCREASED PROFITS



REDUCE HEALTHCARE COSTS IN THE LONG-RUN

THINK AN EMPLOYEE OR COLLEAGUE IS IN NEED OF MENTAL HEALTH OR ADDICTION TREATMENT? EXPLORE EHN CANADA'S [INTENSIVE OUTPATIENT PROGRAMS](#).

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