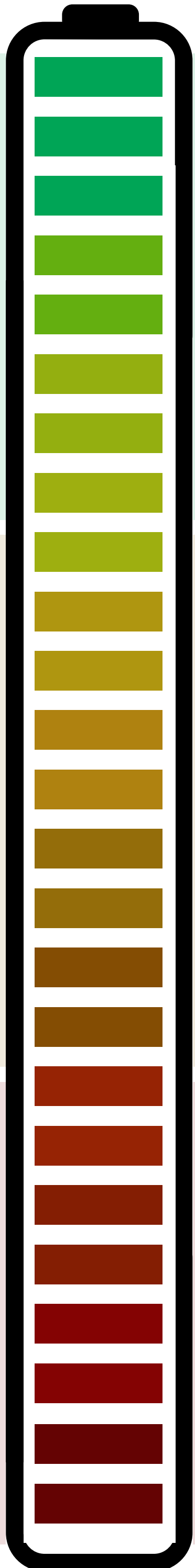


# WORKPLACE PSYCHOLOGICAL SAFETY ASSESSMENT

## FLOURISHING & LANGUISHING



**Pay attention** to what contributes to your flourishing and why. Be specific.

- Example: Having a sense of meaning and purpose.

Consider how you can continue to engage in the activities that contribute to your flourishing; **protect this time for yourself.**

- Example: Invest in your authentic relationships.

Focus on **behaviours** that contribute to flourishing.

- Example: Control the behaviours (e.g., hobby) that create positive emotions rather than trying to generate the emotions.

List your **core values** (i.e., what is most important to you) and consider if you may be missing one (i.e., good mental health).

- Example: Things you have done in the past or are doing that make you feel good, proud, and energized.

**Be creative and flexible** in how you can add behaviours to your daily routine to foster flourishing.

- Example: “Loose connections” (e.g., engaging with strangers or acquaintances in “small talk”) can contribute to well being.

Focus on habits that contribute to **flourishing.**

- Example: Control the behaviours (e.g., hobby) that create positive emotions rather than trying to generate the emotions.

Decide **what matters** to you and what you are not getting and how this will help you live a better life.

- Example: Explore with a trusted peer or mental health professional what you want and why.

**Reconnect** with important people in your life.

- Example: Start with one relationship that is missing in your life and you would like to improve or develop.

Discover the **power** of breath.

- Example: Take a deep breath in through your nose; hold it for five seconds; and slowly breathe out through your mouth.

To maximize the benefits of these infographics, watch the accompanying video