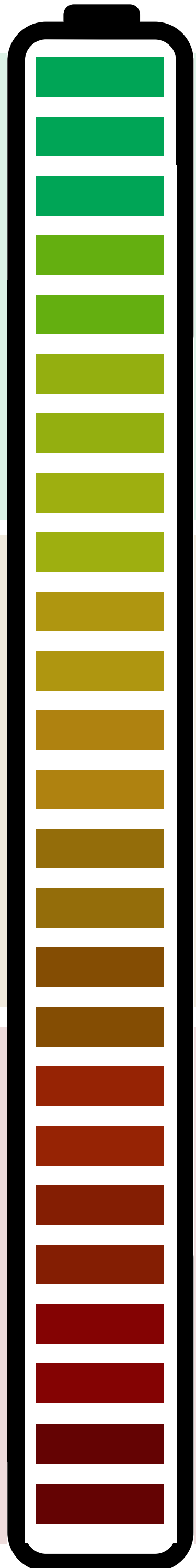


WORKPLACE PSYCHOLOGICAL SAFETY ASSESSMENT

MENTAL HEALTH



Pay attention to what is working for you to take care of your **mental health** and why. Be specific.

- Example: Meditating or journaling daily.

Consider how you can continue to **protect and maintain** your time to take care of your mental health.

- Example: Be intentional with scheduling time for these activities in your day and week, and make personal boundaries a priority.

Set **goals** to maintain your mental fitness habits to promote long-term mental health.

Create a list of activities that **charge** your mental health and that are working well for you right now.

- Example: You are consistent with journaling daily.

Consider what areas of your mental health you would like **support** in or believe you can improve upon.

- Example: You would like to include a meditation practice in your daily routine.

Create a **mental fitness plan** that outlines ways you will protect your time to practice or take part in activities that charge your mental health. Be specific.

- Example: Set clear times for when you will step away from your desk to recharge

Talk to a mental health **professional** to explore what you can do to help you cope.

- Example: Look for licensed counsellors or psychologists in your area. Find out if you have any extended benefits that could be used to pay for private sessions.

Talk to a trusted peer and let them know how they can **support you**.

- Example: Plan weekly check-ins to build your authentic connections and lean on them for support.

Utilize support resources provided by your **employer**.

- Example: EFAP

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