

Tips and Tricks to Improve Mental Health and Wellness in the Workplace and Beyond

May 15, 2024

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Upcoming Webinar

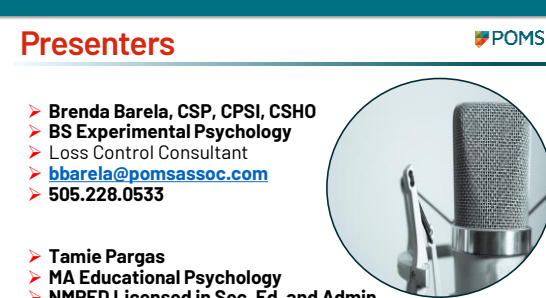
Title IX

New Title IX Rule Changes - Overview

June 19th - 11am-12pm MDT/10am-11am PDT

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Presenters

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Quick Visual of Current Mental Health Statistics

Pre-COVID 19 | Beyond Wine Glass

People & Associates Insurance Brokers

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8 Dimensions of Wellness

- ENVIRONMENTAL:** Good health by occupying pleasant, stimulating environments that support well-being.
- EMOTIONAL:** Coping effectively with life and creating satisfying relationships.
- FINANCIAL:** Satisfaction with current and future financial situations.
- INTELLECTUAL:** Recognizing creative abilities and finding ways to expand knowledge and skills.
- SOCIAL:** Developing a sense of connection, belonging, and a well-developed support system.
- PHYSICAL:** Recognizing the need for physical activity, diet, sleep, and nutrition.
- SPIRITUAL:** Expanding our sense of purpose and meaning in life.
- OCCUPATIONAL:** Personal satisfaction and enrichment derived from one's work.

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Create a Self-Care Action Plan

People? Activities? Places? Resources?


Occupational, Environment, Intellectual, Social, Financial, Self-Care Action Plan, Spiritual, Emotional, Physical

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Environmental Wellness 


Discover your favorite outdoor and indoor activities.



- Safe Surroundings – inside and out.
- Be aware – look around.
- Limit exposure to potentially harmful substances and influences.
- Have a positive perspective.


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Intellectual Wellness 


Find activities and games where you use your mind.

- Creative and mentally stimulating events and/or hobbies.
- Thoughtful and stimulating discussions on both new and familiar topics.
- Expand & share your knowledge and skills.
- Academics, cultural involvement, community involvement.




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Social Wellness 


Enjoy time with friends, family and community.




- Connect with friends, family, and people of all backgrounds.
- Meet the needs of others.
- Develop a support system.
- Who's your 1 person?

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Physical Wellness 


Be grateful for your body.



- Choose nutritious/natural foods.
- Do physical activities you enjoy.
- Drink plenty of water.
- Develop habits to help you achieve 7 – 8 hours of sleep per night.


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Emotional Wellness 


View yourself and others in positive ways.

- Sensitivity to your feelings and the feelings of others.
- Being realistic about expectations and time.
- You can do this – asking for help if you need it.
- Listening to music you find uplifting.




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Spiritual Wellness 


Practice prayer, meditation, or yoga – whatever brings you peace.



- Mindfulness – be in the here and now.
- Deepen faith or religious practices.
- Explore different cultures and religions.
- Define personal values and ethics.

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Financial Wellness 

Create a plan to satisfy personal financial goals – Short-Term and Long-Term.

- Budget to reach/maintain satisfaction with current and future financial situations.
- Balance wants and needs.
- Save in alignment with your personal goals.



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Occupational (Work) Wellness 

Participate in activities which provide meaning, purpose, and reflect personal values, interests, and beliefs.

- Set Professional Goals – Broad/Specific, Short/Long Term.
- Get to know your Colleagues/Co-workers.
- Find and/or be a Mentor.
- Commit to maintaining a strong work-life balance.



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Create a Self-Care Action Plan 




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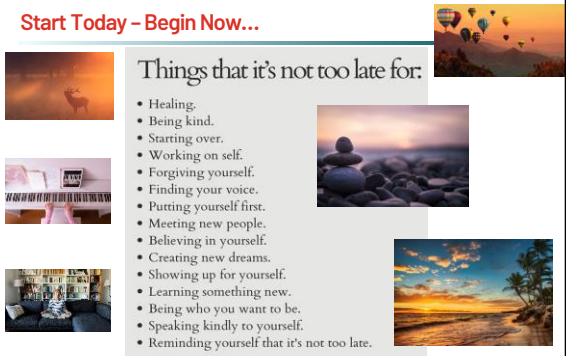
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Start Today – Begin Now...


Things that it's not too late for:

- Healing.
- Being kind.
- Starting over.
- Working on self.
- Forgiving yourself.
- Finding your voice.
- Putting yourself first.
- Meeting new people.
- Believing in yourself.
- Creating new dreams.
- Showing up for yourself.
- Learning something new.
- Being who you want to be.
- Speaking kindly to yourself.
- Reminding yourself that it's not too late.

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Disclaimer 

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Please contact us for further information –
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Questions? 

If you have any questions or need to discuss Mental Health and Wellness in further detail, please don't hesitate to call or email.



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Be Kind to Yourself - take time for you



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