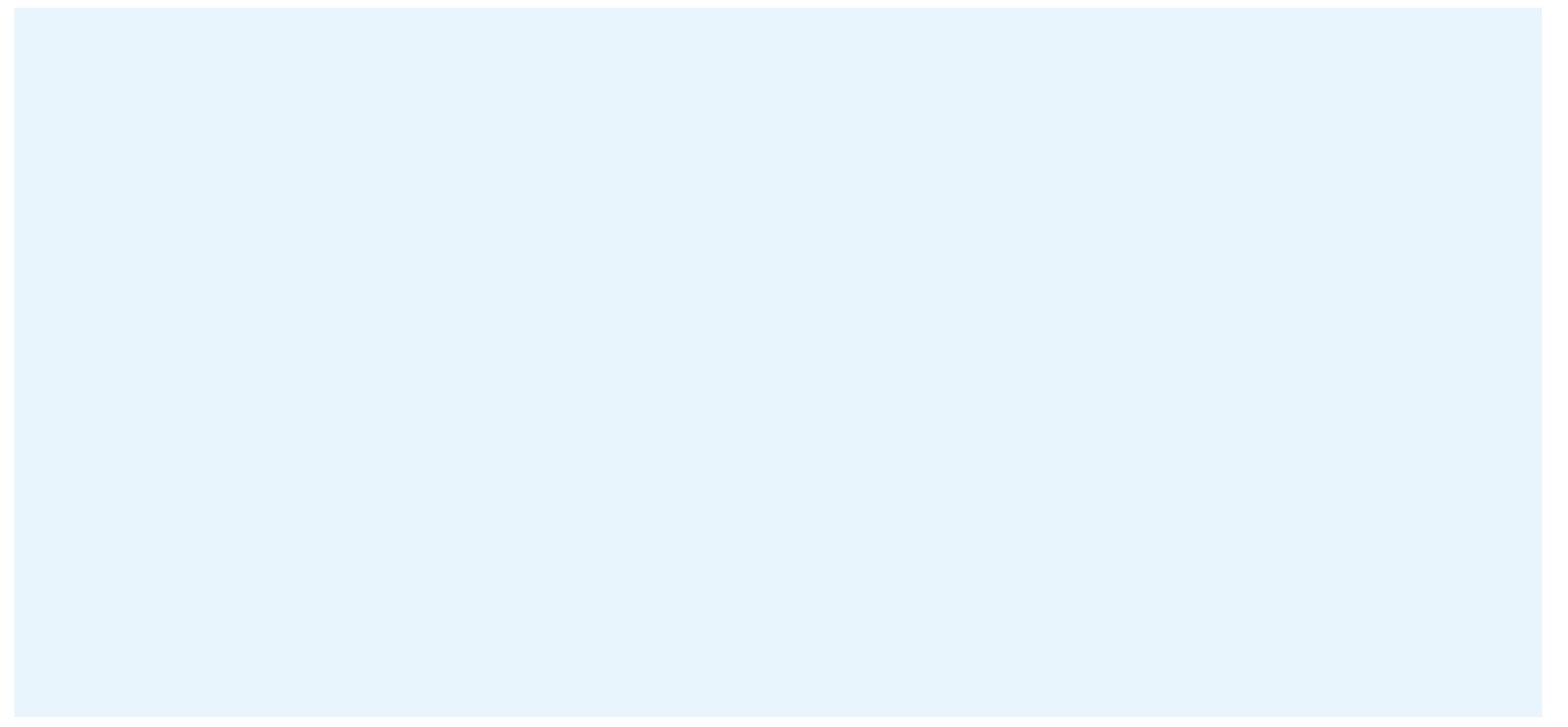




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MENTAL HEALTH



2 Self-care

Mental fitness making mental health a daily habit

Mental fitness is a combination of activities, habits, and attitudes that contribute to overall emotional health and wellness. Just like physical fitness requires exercising to get and stay fit, mental fitness means actively doing

an ongoing process that involves daily practices to stay well. Both physical and mental fitness contribute to your overall well-being and the ability to navigate the complexities of life effectively.

- Practice positive thinking
- Set healthy boundaries
- Connect with others and laugh often
- Move your body
- Practice mindfulness and gratitude
- Do things that bring you joy
- Prioritize sleep
- Eat a healthy and balanced diet



3 Care for others

Check in with your colleagues



MENTAL HEALTH



4 Team culture

Create a team culture that supports mental health

Support mental health and wellness by making it part of your team culture. Encourage and model actions to support your health and that of your co-workers. Intentionally make mental health a priority and team norm.

5 ways to create a supportive team culture:

1. Regularly check in with co-workers.
2. Emphasize the importance of supporting one another.
3. Start off your huddles or team meetings with a one-moment meditation or a group check-in.
4. Show gratitude by recognizing your coworkers.
5. Acknowledge life events and milestones with your team.