

# Steps employers can take to build resilience and well-being in the workplace



## Inspire your team by promoting a culture of health, wellness and change

### ✔ Offer rewards and give recognition

Little things go a long way in recognizing your peers and reducing stress by encouraging others to be proud of their accomplishments and grateful for every day.



### ✔ Highlight employee assistance programs

Most employees aren't aware of the confidential support offered for managing behavioral and emotional health.

### ✔ Destigmatize mental health

Lead from the top down by offering mental health moments, days off as needed, and meditation breaks. Self-care and creating a positive mindset are key to healthier outcomes for all.



### ✔ Provide digital tools to empower your team

Support employees' mental health at work and at home by empowering the staff with digital tools that track behaviors, receive automated reminders and encouragement, and provide expert advice from health coaches or providers.

### ✔ Be flexible for work/life balance

Offer new ways for employees to engage virtually, or in person with a hybrid model or work-at-home option. Some professionals thrive better away from distractions or the stress of commuting into the office. Be smart, safe, and make it work best for everyone.



### ✔ Build communities with peer-to-peer mentoring

Establish a mentor group or expand employee resources while encouraging more peer support among staffers with shared experiences.

Ready to improve resilience and well-being at your workplace?

Learn how Onduo fits into your workplace wellness strategy.

Contact us at [partners@onduo.com](mailto:partners@onduo.com)

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