


Checklist for building resilience and well-being in the workplace



Six ways to promote employee mental health and resilience within your organization.

- ✓ Provide resilience training to address and learn from adverse events, reframe to a positive mindset, reduce stress, practice self-compassion and identify constructive self-care.
- ✓ Establish or expand employee resource groups to encourage community and peer support among staffers with shared identities or experiences.
- ✓ Leverage digital tools to support employee mental health at work and at home to empower staff to track their behaviors, receive automated reminders and encouragement, and even access help from health coaches or providers.
- ✓ Encourage a gratitude practice for individuals and teams or departments to improve outlook, reduce stress, boost resiliency, and, in a group, build community and trust.
- ✓ Highlight employee assistance program resources for confidentially managing behavioral and emotional health.
- ✓ Offer mental health days and protective time to avoid burnout and encourage self-care — even during work-from-home.

Assisting employees in maintaining resilience and good emotional and mental health is a tangible way to do right by the people who make your organization successful. Let this information inspire you to augment the health and well-being support you already provide.

Ready to improve resilience and well-being at your workplace? **Learn more on our blog.**