Ways to Regeneration

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Dr. Corey Milsap

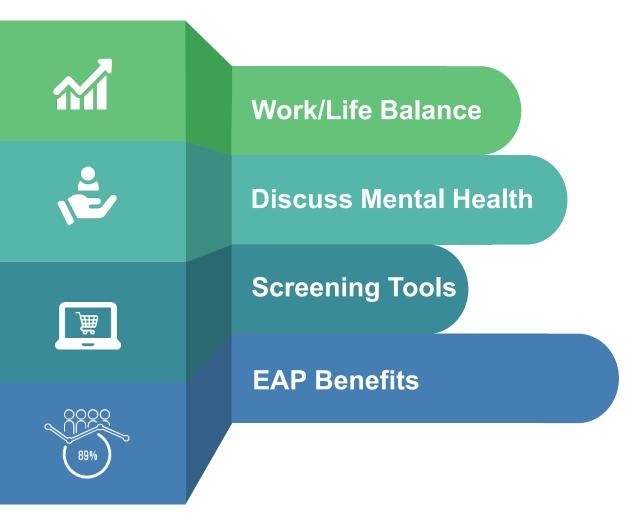
Mental Health in the Workplace.



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Modern Health, 2021

Helping Employees Build Mental Strength



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Don't answer email around the clock. Discuss mental health in the workplace.

Take regular vacations to unplug from the office.

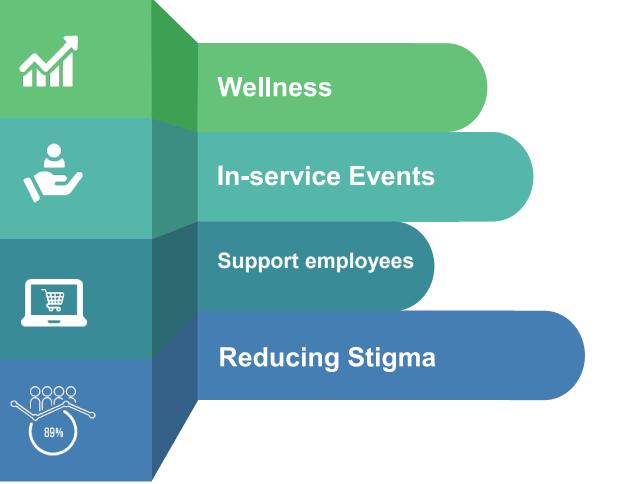
Promote a work/life balance.

Educate managers about the signs of mental health problems and ways to respond.

Offer free screening tools.
Recognize signs and symptoms.
Mental Health American https://screening.mhanational.org/screening-tools/

EAP benefits. Offering an EAP benefit.

Helping Employees Build Mental Strength



Wellness a priority. Exercise, healthy eating, leisure activities. Free gym memberships.



Provide in-service events.

Self-care, stress management, and resilience. Hiring a therapist to provide half-day workshops



Support employees' efforts to get help. Support employees caring for their mind and body.

Reduce the stigma.

Talking about stress management, self-care, and mental health in meetings and in email communications

Contact Us LCTEA

