



Ways to Focus on your Mental Health and Well-Being

1

Visit the You Matter Website

You are invited to regularly visit the [You Matter](#) website for updated resources to support your mental health and well-being. Please take the time for you and your mental health and well-being by utilizing the links below:

- [Make time for you](#)
- [Check in with yourself- How are you, REALLY?](#)
- [Help is available](#)
- [Be there for each other](#)
- Learn more at <https://youmatter.princeedwardisland.ca/> (English) or <https://youmatter.princeedwardisland.ca/FR> (French)

2

Practice Mindfulness

- Take a [mindful walk](#)! Engage your senses to be in the present moment while walking outdoors. See the changes in nature, feel the warm sun on your face, and hear the birds chirping. Try a mindful walk on your own or start a walking group at your workplace.
- Explore the following short mindfulness exercises presented by Workplace Strategies for Mental Health:
 - [Movement to calm you down](#) (10 min)
 - [Let Go of Anxiety](#) (3 min)
 - [Release Anxiety as you Walk](#) (10 min)
 - [Use the Senses to Feel Calm](#) (10 min)

3

Take Healthy Breaks

Taking your regular breaks throughout your workday is important. Taking a break to recharge has positive benefits to the mental health of employees. Workplace Strategies for Mental Health's "[Take your break activities](#)" presents many ideas for break activities that are calming, energizing and relaxing. In reviewing the activities, you can determine which ones are a good fit for you in your workplace. These activities are also a great way to promote connection amongst colleagues in the workplace!

4

Explore the "My Canda Life at Work – Health Connect Dashboard"

Did you know that as part of your employee benefit plan, you have free access to Canada Life's Health Connected dashboard? [Create your account](#) to access personal challenges, digital health coaching, and a library of health resources. There are challenges you can do that promote physical activity, sleep, relaxation, nutrition and sharing kindness. Complete a personal challenge on your own or encourage your colleagues to do a challenge together!

5

Explore Mental Health Apps

Workplace Strategies for Mental Health has a [list of evidence-based apps](#) that can help with your mental health and well-being. Please note, these apps are provided for information only and should not be relied on as professional advice.



Mental Health in the Workplace

The workplace can affect both our mental and physical health



In any given year, 1 in 5 people in Canada will experience a mental health problem or illness

Source: Mental Health Commission of Canada



Work-life balance



Challenging work



Value and respect



Reasonable job demands



Growth and development



Security

Benefits of a healthy workplace



Increased:

- engagement
- satisfaction
- retention and recruitment
- productivity



Reduced:

- negative stressors
- absenteeism
- costs related to medical leaves and/or disability claims
- workplace injuries

8 tips for employers

- 1 Support employee participation and decision-making
- 2 Define worker duties and responsibilities
- 3 Promote work-life balance
- 4 Encourage and model respectful behaviours
- 5 Manage workloads
- 6 Provide training and learning opportunities
- 7 Have conflict resolution practices in place
- 8 Recognize contributions effectively



The World Health Organization defines mental health (also known as psychological health) as a state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively, and is able to contribute to their community.