



# 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.