

# PERSONAL PROTECTIVE EQUIPMENT | AUGUST SAFETY SEGMENTS

Using PPE in the course of our normal work life protects us from different hazards, protecting our physical selves. But did you know we can also take steps to better protect our mental as well, you could call these steps, mental health PPE.

## ALTERNATE RESOURCE: MENTAL HEALTH PPE

Ineffective workload management coupled with ever increasing need to adapt to constantly changing continuing care environment can create additional stress. Being able to cope with this stress is essential. This short guide can provide

### DIRECTIONS

Download this short [handout](#) from [Mental Health America](#) and print it out for the participants to follow along. As the activity facilitator, try and review the handout to effectively guide the participants and discuss the key points.

### SAFETY SEGMENT DISCUSSION

#### Guiding Questions:

- What are some basic physical foundations to our emotional and mental health?
- What are some re-building strategies we can use during our time off?
- What are some strategies we can employ on the job?

#### Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experience or opinion without fear of reprisal.

