

HEALTHY WORKPLACE | OCTOBER SAFETY SEGMENTS

Although there are many resources that are available to support you in the workplace, it's important to take the rights steps to protect your own health and find ways to help us cope. There can be times when we deal with feelings and emotions that we cannot control but, there are always things within our control that we can do to comfort us.

MENTAL HEALTH FOCUS: SELF-CARE

Getting sick can create additional stress for employees. This recommended "Lunch and Learn" type of activity opens awareness and assists staff on understanding the importance of self-care.

DIRECTIONS

Watch this short video: ["A Self-Care Action Plan."](#) After watching, use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Why is it important that we take care of ourselves?
- What are some self-care steps?

Notes to the Team Leader:

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

