

JULY SAFETY SEGMENT - IMPROVING MENTAL HEALTH



Improving your mental health is not just about doing one thing better in your life, while that helps, there is a bigger picture. Doing that one thing may not be taking away the stress or anxiety that is affecting your mental health in the first place. Not all of it needs to be a grand change in your life but little things as seen in the video below. Making healthier choices over the convenient or faster bad ones. Taking a moment to stop and process life. You can take and do one thing, but let that be a starting point, not a finish line.

MENTAL HEALTH WELLNESS

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Watch the video [Mental Health and Wellness](#) and use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What does mental health mean to you?
- What do you do to improve your mental health?
- Is it difficult to talk or have conversations about mental health?

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.



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