



"Healthy Workers add up to Healthy Profits"

Mental Health Toolkit Card

Factors that Affect Mental Health in the Workplace



QUICK MENTAL HEALTH CHECK:

You should be able to answer "Yes" to the following:

- ☐ Do you know what is expected of you at work?
- ☐ Do you feel able to manage your workload?
- ☐ Do you feel able to manage and prioritize multiple demands?
- ☐ Do you regularly take your assigned breaks?
- ☐ Do you feel that you have good work-life balance?
- ☐ Do you feel equipped to handle confrontation at work (from clients, colleagues, etc.)?
- ☐ Do you feel comfortable raising concerns about psychological safety in your workplace?
- ☐ Can you recognize signs of psychological distress? (reduced ability to concentrate, excessive fear/worry, withdrawal from friends & family, difficulty sleeping, etc.)

**PROFESSIONAL ERGONOMIC AND
INJURY MANAGEMENT SERVICES**

tel: 705-436-4504 email: info@ergoconsulting.ca

www.ergoconsulting.ca

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TIPS & STRATEGIES

Perform these activities regularly throughout the workday to help manage stress.



Tidy up your desk,
sort & file e-mails



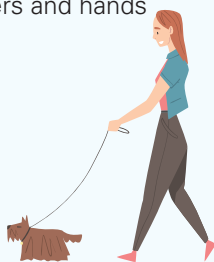
Stretch – your neck, back,
shoulders and hands



Talk to someone



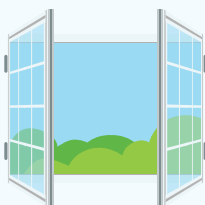
Stay hydrated



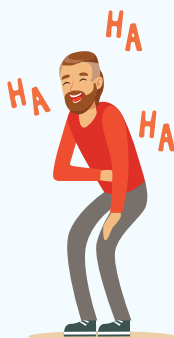
Take a walk



Keep a journal



Look out a window



Read a joke
or watch a
funny video



Praise a colleague
for a job well done



Take the stairs



Just Breathe!
In through your nose,
out through your mouth