

Wellness at Work



Declutter your workspace to increase productivity and decrease work related anxiety.

Did you know?



People who have a close work friend report being twice as satisfied with their job. Test your comfort zones and try to get to know your coworkers a little better for extra job satisfaction!

Self Care Challenge

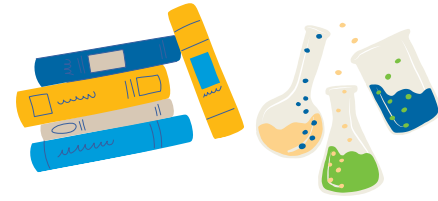
Try to write three things you are grateful for each day for 21 days! It can help reframe your mind and mood.

♥ _____

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Supporting Mental Health Going Back To School



Returning to school after summer break is an exciting time but can also cause anxiety for children, adolescents, and young adults in college or technical programs. Routine change can be difficult but there are some things that you can do to support the young people in your life who are returning back to school in the upcoming weeks.

- Encourage open conversations about their feelings regarding going back to school. Validate their emotions and listen actively.
- Help them establish a consistent routine that includes regular sleep, meals, and study times. Returning to school year routines can provide a sense of stability and security.
- Celebrate even small successes and provide positive reinforcement. This can boost their confidence and make the transition smoother.
- Facilitate opportunities for them to reconnect with friends and engage in social activities. Social support is crucial for mental well-being.
- Be attentive to signs of stress or anxiety. If they seem overwhelmed, discuss coping strategies and consider seeking professional help if needed.
- Encourage activities that promote relaxation and well-being, such as exercise, hobbies, and mindfulness practices.
- Engage with their school about any concerns or accommodations they might need. Schools often have resources to support mental health.
- Help them connect with their teachers and support staff before school begins so they feel comfortable and ready to return.

Healthy Habits

- Take time away from screens throughout the day
- Eat breakfast
- Stretch in the morning and before you go to sleep
- Reward yourself with small things to keep your mood up
- Take your lunch break
- Have a night time routine before you get in bed

Talk with us.

