



Training Your Mind for a Healthier You

Being healthy is more than just physical health — it's about body, mind and spirit. Mental health is a part of everyone's life. As a health and safety champion, you can foster a culture where every employee feels safe and comfortable discussing mental health — so that we can all be supported and seek help when needed.

TEAM ACTIVITY

This month encourage members of your unit-based team to take the KP [Mental Health Training for Employees](#). Set a goal as a team to take the training, and then plan to discuss it at a team meeting. Are there any elements from the training you'd like to incorporate within your team? How can your team reduce mental health stigma?



How to Support Each Other



Notice: Become aware of a change in someone.



Engage: Ask the person whether they'd like to talk.



Support: Be present for the person, listen without judgment, and let them know there are resources available.

Tips to Support Your Mental Health

- ✓ talk with others about your feelings
- ✓ ask for support
- ✓ move your body
- ✓ practice mindfulness and gratitude
- ✓ do things that bring you joy
- ✓ get good sleep
- ✓ eat a healthy and balanced diet

Resources for You

- » If you are struggling and need to talk to someone, please contact the Employee Assistance Program at kp.org/eap.
- » Visit [Rise&Renew](#) on HRconnect for resources to support mental health for yourself and your team.
- » Be aware of burnout and its effects. Check out [Preventing Burnout](#) for some strategies that can help.