



Caring for Yourself and Your Team

This month we offer these tips for self-care, supporting others and fostering a culture that makes mental health and wellness priorities for your team.

Tips to Support Your Own Mental Health

- [✓] Care for your mental health the same as you would your physical health.
- [✓] If you are struggling, don't be ashamed to ask for support.
- [✓] Be compassionate and kind to yourself.
- [✓] Practice mindfulness and gratitude to reduce stress, anxiety and depression.
- [✓] Do things that bring you joy.
- [✓] Eat healthy, exercise and get plenty of sleep.

How to Support Each Other



Notice: Take time to notice your co-workers to get a sense if they're doing okay.



Engage: If you sense something's wrong with a co-worker, ask them how they are doing and let them know you care.



Support: If they're open to talking, offer support. If you feel they need additional help, encourage them to contact the [Employee Assistance Program](#).

5 Ways to Build a Team Culture that Supports Mental Health

1. Start your huddles or team meetings with a short meditation or a group check-in.
2. Everyone is going through something. Treat others with kindness and compassion.
3. Lend an ear if someone needs to talk about struggles they're having.
4. Show gratitude and appreciation by recognizing each other.
5. Acknowledge life events and milestones with your team.



TEAM ACTIVITY: Creating a culture of mental health happens when everyone on your team commits to supporting themselves and each other. This month, set a goal in your unit-based team to take the [KP Mental Health Training for Employees](#), and then plan to discuss it at a team meeting. What steps can you take to incorporate mental health and wellness into your workday?