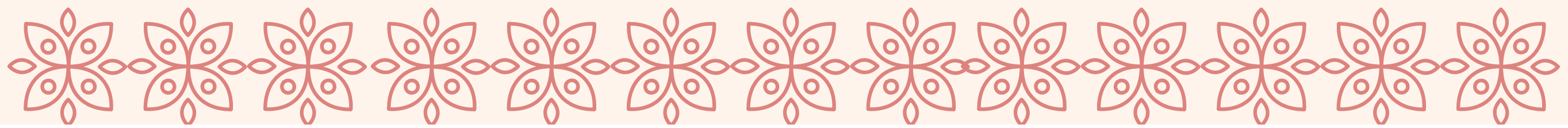


TAKING CARE OF MENTAL HEALTH

IN A REMOTE WORK ENVIRONMENT FOR EMPLOYERS



- 1** Employers should ensure that mental health services and support are offered year round – not only when a crisis situation is reached.
- 2** It's okay to take a step back when something is frustrating. Remember to breathe – sometimes even a big sigh can make you feel better.
- 3** Check in with your employees – set deadlines and have regular phone calls to make sure that they are on track both professionally and mentally.
- 4** Offer as much certainty as you can, and also recognize what is not certain. Remain in the present– focus on what you have control of right now.
- 5** Take notice of your employees interests. You may suspect that you have a struggling employee, but if they don't feel comfortable discussing their mental health it can help you create an opening to talk about their wellness.

