

Women In Insulation 2024

Mental Health in the Workplace

- Ask the right questions, check in with staff, teach them what to look for in others
- Connect employees to help
- Have conversations about mental/emotional health
- Create psychological safety
- People will stay with your company over pay if they feel supported

Paying attention

Identify Verbal Warning Signs

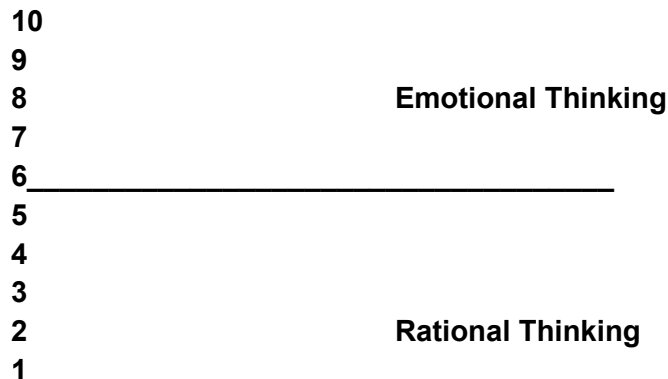
- Talking about feeling hopeless or lost
- Talking about feeling trapped or stuck
- Talking about being a burden
- Talking about being isolated
- The words can be masked...
 - "I just can't take this anymore."
 - "What is the point?"
 - "May as well end it."

Identify Non-verbal Warning Signs

- Behaving overly agitated or anxious
- Undergoing severe mood swings
- Not showing up on time or at all
- Odd behavior
- Increased use of drugs or alcohol
- Withdrawing or isolating themselves
- Odd behavior as in giving things away things



Stress Reduction:



Follow us on social media for ideas about posting about mental health!



4,7,8 Breathing, 1 big 2 baby out slow

Healthy distractions

Keep it in perspective: 6 PM news. Mountain or molehill

Be solution focused

Thought stopping: Picture a stop sign and say “NOT HELPFUL” Then change to a positive.

It's a gift! If you want a gift it comes in the form of a problem, if you want a bigger gift, it comes in the form of a bigger problem

Battery Chargers

Positives things that charge you:

Negatives things that deplete you:

Health & Wellness



TOTAL HEALTH AND WELLNESS GOALS:

1. Professional: _____
2. Physical: _____
3. Emotional: _____
4. Personal: _____
5. Psychological: _____
6. Spiritual: _____

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Goals and Takeaways:

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