



Employee Mental Health & Wellness Checklist



Studies show that people who work remote can experience loneliness, isolation, and inability to “switch off”. It is a privilege to be able to work from home and still earn an income during these times. The CIRP team have prepared a checklist to help employees take care of their own mental health in the middle of a crisis in isolation.



Create a schedule & stick to your routine



Schedule short breaks throughout the day (15 min. - 45 min.).



Include fun activities for the day in your schedule.



Try to remain physically active



Go for a walk, bike ride, or do an at home workout, lowers anxiety.



Have your coworkers join in ONLINE and double the fun and workout together.



Find your support system



Don't be afraid to say "no" if you're feeling overwhelmed by the amount of work.



Schedule video calls with colleagues, friends, family so that you're getting that social time.