



# Employee Mental Health & Wellness Checklist



During these unprecedented times it's important to make sure that we are taking care of our mental health, especially when you may have to continue to go to work such as for those in construction.



## Information & Resources

- Work with your organisation to ensure there are **FACTUAL** updates on COVID-19 to prevent misinformation and increased anxiety
- Make use of services such as EFAP or CIRP they have counsellors that can help your work through anxiety and other MH concerns



## Try to take 5 mins 'Mindfulness' breaks

- Mindfulness is a known technique to reduce anxiety - download a free app!
- 'Try diaphragmatic breathing' it can reduce the stress chemicals in your brain



## Create A support system In Your Organisation

- Don't be afraid to say "no" if you feel your workspace is unsanitised / make space in your organisation to bring up 'sanitizing' issues
- Give CIRP a call for emotional support