



# SELF CARE AND COMPASSION: HOW TO HELP EMPLOYEES BE THEIR BEST AT HOME AND WORK

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# AGENDA

- My Story
- How to Create a Safe Space for Mental Health
- What to Do If an Employee or Co-Worker is Struggling
- Tips to Safeguard Mental Health and Build Resilience
- Resources

# MY STORY

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# HOW IT WAS



# HOW IT'S GOING





# INTRODUCTION

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# CREATE A SAFE SPACE FOR MENTAL HEALTH



- Speak about how it is “ok to not be ok”
- Make 1:1’s about more than work
- Model healthy behaviors

- Mood
- Work Habits
- Appearance
- Attendance



- Engagement
- How they talk
- How they post



# WHAT NOT TO DO

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WebMD

Don't Diagnose!!!



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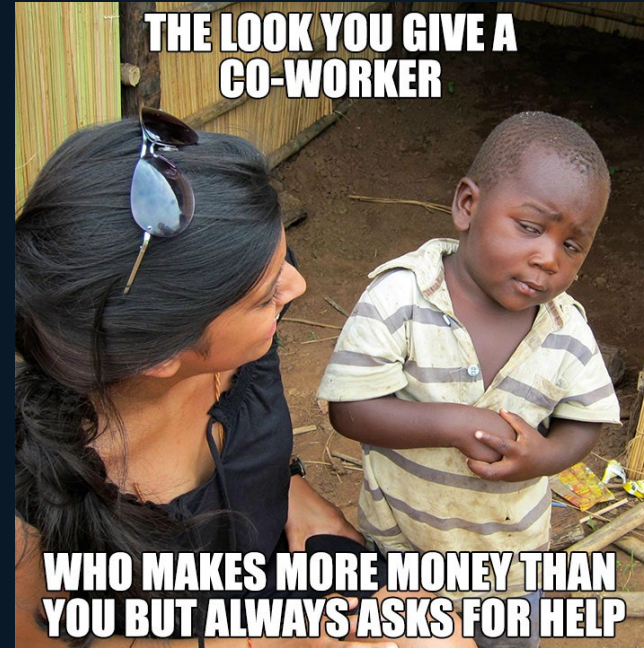
# WHAT TO DO: MANAGERS

- Be specific
- Explain impact
- Create space
- Listen
- Be ready to refer



# WHAT TO DO: CO-WORKERS

- Evaluate the relationship
- Did you witness something?
- Is there a legitimate danger?
- Report to manager or HR
- Nothing might be the right thing



# TIPS TO SAFEGUARD MENTAL HEALTH



- Gratitude
- Meditation
- Sleep
- Exercise

# TY'S TIP #1

- Set good boundaries to protect you from yourself



**Givers  
should  
always set  
limits,  
cause  
takers  
never do.**

# TY'S TIP #1

## Types of Boundaries

### Physical Boundaries

protect my  
personal space  
& body



### Emotional Boundaries

protect my  
thoughts &  
feelings



### Verbal Boundaries

protect how  
we speak &  
what we discuss



### Time Boundaries

protect how  
I spend  
my time



### Work Boundaries

protect my  
limits in the  
workplace



### Spiritual Boundaries

protect my  
values & what  
I believe in



### Financial Boundaries

protect my  
finances &  
assets



### Sexual Boundaries

protect my  
safety &  
preferences



! TheMindsJournal

MINDJOURNAL

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## TY'S TIP #2

- Marie Kondo  
Your  
Relationships



Real friends  
tell the truth to  
help you grow  
not to bring you down

[OurMindfullife.com](http://OurMindfullife.com)



**Drama  
does not just  
walk into  
your life.**

**Either you  
create it,  
invite it, or  
associate  
with it.**

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## TY'S TIP #3



- Fast and easy feels good in the short term. Slow and difficult lead to growth.



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# CHALLENGES FOR YOU

## Manager

- Model behaviors
- Learn what resources are available

## Co-Worker

- Speak up when appropriate
- Learn what resources are available

# FINAL THOUGHT ABOUT MENTAL HEALTH

- Don't do it alone

# RESOURCES

NAMI <https://nami.org/Home>

SAMHSA <https://www.samhsa.gov/>

988 Suicide and Crisis Hotline  
<https://988lifeline.org/>

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# RESOURCES

If you or someone you know has a career affected negatively due to substance use, contact me



FOR MORE INFO, TO FIND HELP, DONATE,  
OR SEE DATA AND RESOURCES

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