Here are some ideas, and some space to write your own:
- Spark conversations with co-workers using NES model
- Model a "we-care" attitude in all settings
- Seek opportunities to process emotions
- Demonstrate active listening
- Normalize struggle and stress
- Organize wellness and team building activities (i.e. challenges, etc.)
- _____
- _____
- _____

What will you do to promote psychological well-being and mental health connectedness in your work environment?
Set a SMART (Specific, Measurable, Attainable, Realistic, and Timely) Goal Below:

S _____

M _____

A _____

R _____

T _____