

Do you feel like you can speak your mind in meetings? In a psychologically safe workplace, you should feel safe to be creative, disagree, and raise concerns. Learn more about creating psychological safety from NAMI’s new resource!



Your mental well-being can’t wait for the workday to end. Learn how to incorporate mental wellness practices into your workday through NAMI resources.



When someone opens up to you about a mental health concern, try not to use minimizing or judgmental language. Instead, thank them for sharing and validate their experience.



Take some time today to ask someone how they’re “really” doing. You might be surprised how differently people respond just from the addition of this simple word.

A close up of a sign

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Managers, are you working on increasing team psychological safety? Start a meeting this week by asking everyone to check in with a single word to describe how they are feeling today. Do NOT discuss the words. Giving people space to voice their honest answers will increase a sense of trust and belonging.

A person sitting in a chair with papers on her lap

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Happy Mental Health Monday! This week, try formally scheduling your breaks on your calendar. Blocking off that time can help you prioritize them. It may even remind others to take breaks as well!



Did you know that you can use your sick days for your mental health? Sometimes you need a break in order to do your best at work. Use your time in the way that’s best for you!



Some days you just aren’t prepared to do your best, and that’s okay. Taking a mental health day can give you the time to rest, recharge, and come back to work ready to take on all the challenges of your job.

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Want more mental health stories from people like you? Check out NAMI’s blog. NAMI also has a podcast, Hope Starts With Us, with interviews with people who have lived experience with mental health conditions. And if you want to share your own story, check the submission guidelines at <https://www.nami.org/Get-Involved/Share-Your-Story>



We can all have a bad day or two! But if you’re noticing changes in a coworker lasting more than two weeks, it may be a sign they are experiencing a mental health concern. Check out NAMI’s guides for starting a mental health conversation.



Give yourself a score of 0-5 in each burnout factor, with 0 being the lowest. If any scores are higher than 3, you may be at risk of experiencing burnout. See NAMI’s resources on what you can do to combat burnout in each of the burnout factors.



Did you know that our company offers a free, confidential, independent mental health support resource? Our Employee Assistance Program (EAP) is here if you or a member of your family needs support.

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If you need an accommodation to do your best work, let us know! Resources like AskJAN can help you determine what accommodations might be best for you.