



6 COMMITMENTS

TO CREATING WELLNESS IN THE WORKPLACE

1 KNOW PEOPLE AS PEOPLE

- Each individual is unique and has their own specific needs
- Regardless of race, religion, sex, and age, every individual deserves to be seen, heard, and supported™.

2 ACT ON WARNING SIGNS OF DISTRESS

- Honor your intuition
- Express concern through compassion

3 LISTEN. DON'T FIX.

- We have two ears and one mouth for a reason
- You can lead a horse to water, but you can't make it drink

4 BE AWARE OF LOCAL RESOURCES

- Encourage the individual to access resources
- Continue to check in

5 VULNERABILITY EQUALS STRENGTH

- Reach out for support in times of need
- Create meaningful connections

6 PRIORITIZE YOUR MENTAL HEALTH

- Taking care of yourself is part of taking care of others
- Establish boundaries to make time for number one