



6 COMMITMENTS

TO CREATING WELLNESS IN THE WORKPLACE

1

KNOW PEOPLE AS PEOPLE

- There's power in knowing someone's name
- Every individual has their own specific needs

2

ACT ON WARNING SIGNS OF DISTRESS

- The consequences of silence are significant
- Honor your intuition and check in

3

LISTEN. DON'T FIX.

- We have two ears and one mouth for a reason
- We all want to be seen, heard and supported™

4

BE AWARE OF LOCAL RESOURCES

- Encourage the individual to access resources
- Continue to check in if the individual isn't ready to act

5

VULNERABILITY EQUALS STRENGTH

- Reach out for help in your own times of need
- Strengthen supports through meaningful connections

6

PRIORITIZE YOUR MENTAL HEALTH

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