



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

In recognition of Healthy Workplace Week October 22-28, 2007, CMHA Newfoundland and Labrador is suggesting that we take a look at the health of our workplaces.

Whether you are a manager, an employer, or an employee, we all have a part to play. Here are our ABC's of workplace mental health. Feel free to get in touch with us for more information.

What can you do to keep your workplace healthy?

Awareness
Balance
Courtesy
Diversity
Energy-breaks
Flexibility
Generosity
Healthy
Innovation
Juggling
Kindness
Leisure time
Motivation
"Nest" your workspace
Openness
Play-time
Quiet
Relax
Stress...reduction
Trust
Understanding
Vacation (time or pay or both!)
Wellness (initiatives)
X-ceptional people
You
and Zap – Stress whenever you can!