



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Session 1

A session on Workplace Mental Health Awareness of Mental Health and Work-Life Balance

The first session that we have developed is on the topic of work-life balance. This session provides the participant with work-life balance tips and gives concrete examples and suggestions as to how to achieve it. Most of all, the purpose is to get people to stop and think about the subject. Each participant will be shown how to create an individual stress plan. This session focuses on the fact that we all take care of ourselves in different ways, and have different styles of reducing stress and frustration. Again, there are no right or wrong answers on our journey to improve our work-life balance. As well, we are focusing on personal responsibilities, opportunities to learn new skills, and reconnecting with hopes and dreams for the future.

Please contact: _____