



# Workplace Mental Health Session 1 – Work-life balance

Work-Life Balance:

Make It Your  
Business!



Partner  
in mental health  
leadership

 **Desjardins**  
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Canadian Mental Health Association  
Newfoundland and Labrador Division


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# Why are we doing this?



This is a mental health promotion tool  
5 elements of health promotion are:

- Strengthening community action
  - Developing personal skills
  - Creating supportive environments
  - Reorienting health services
  - Building healthy public policy
- 

# CMHA Quizzes



[Mental Health Meter](#)

[Work-life balance Quiz](#)

[Desjardins Evaluator](#)



# What do workers value?

- A workplace free from harassment and discrimination
- A healthy and safe workplace
- Trustworthy senior management
- Work-life balance
- Job Security
- Good pay
- A sense of pride and accomplishment

21<sup>st</sup> Century Job Quality – Achieving what Canadians want.

Lowe, Graham - Canadian Policy Research Networks, 2007



# Quotes

Stress is nothing more than a socially acceptable form of mental illness.

Richard Carlson





# The *real* bottom line




The real bottom line believes that people are the workplace's greatest asset



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Practice mind + body fitness

# Is balance possible?



- Managing Time
- Dealing with Stress
- Evaluating the present
- Remembering your dreams and goals
- Taking care of yourself
- Refocusing, and Reconnecting
- **Prioritizing** 😊

# What can I do right now at home?

- B** Believe you can do it!
- A** Ask for what you want and need
- L** Live healthy
- A** Action plan for life
- N** "No thanks", but I appreciate it!
- C** Create time for daily indulgences
- E** Everyday time out
- N** Never give up on your dreams
- O** Out with the old
- W** What makes me "happy" list.

## What can I do right now at work?

- B** Be as positive as you can
- A** Act with integrity always
- L** Let bygones be bygones
- A** Ask for flexibility that works for you
- N** Nip negative thinking
- C** Compromise
- E** Energy breaks work
- N** Negotiate with your employer
- O** Organize your work to suit your work style
- W** When you have work overload, say so before the deadline

Work-Life Balance:

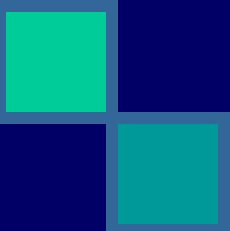
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# A simple tool for balance

**STOP**



**Stop**  
**Take time for you**  
**Open your mind**  
**Plan**



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# What kind of stress reliever works best for you?

Are you.....

- Task oriented?
- Emotion oriented?
- Distraction oriented?



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# What can I do to get balanced?

Balance is a process

It involves taking a serious look at how to live your life

This is not always easy

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# My Plan For Balance !



**What do you do, or say to yourself, when you are stressed?**

**How do you stay positive and strong in tough times?**

*List 5 things...*



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## **My Plan For Balance !**



**What do you secretly wish for that might make you feel more in control of your life?**

*List 5 things.....*





# My Plan For Balance !



**What do you do to relax when you are at home,  
or in your spare time?**

*List 5 things.....*





## **My Plan For Balance !**



**What do you do to relax when you are stressed at work?**

*List 5 things....*



# What can you do to strike a balance?

- Stop! If something is wrong, figure out what it is
- Do things that bring you joy and enrich your life
- Be open to change
- Plan
- Take time for people you care about
- Develop your own stress reduction program
- Keep a positive attitude
- Remember, good and bad things happen to everyone
- Keep moving



A decorative graphic at the top of the slide consists of several colored squares (teal, green, blue) arranged in a stepped pattern. Below this is a long horizontal bar with a teal border, containing several smaller colored squares in a similar stepped arrangement.

# Take time to dream

Time loses its energy, meaning, and power unless it moves us toward our dreams. Taking the time to listen to our wishes, dreams, and fantasies opens up our unique genius, talents, and reasons for being. It's very easy to get "too busy" for dreams, and when we do, a very special part of us dies.



Anne-McGee Cooper – Author  
You don't have to go home from work exhausted

# Recommendations

- That a discussion continue in your workplace around healthy workplaces and positive mental health strategies
- That feedback forms be used to collect anonymous data regarding workplace mental health and stress in the workplace
- That employees, managers, senior management and employers work together to take a serious look at workplace mental health and implement policy and directions to promote mental health
- That workplaces receive appropriate recognition for their efforts in mental health promotion

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# Thank you for your participation!

Please see our links on

[www.cmhanl.ca](http://www.cmhanl.ca)

[www.cmha.ca](http://www.cmha.ca)

[www.cmhanl.ca/work](http://www.cmhanl.ca/work)



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