

# ENHANCING MENTAL WELL-BEING AND RESILIENCE AT YOUR WORKPLACE



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When planning for business continuity, it is important to take into account your employees' mental well-being. Here are some practices that companies can implement to boost their employees' mental health and resilience.

## MAKE YOUR WORKPLACE A SAFE SPACE



Employers can encourage open conversations around mental health concerns by:

- Scheduling regular check-ins with employees
- Having senior management talk about the issue
- Conducting proper training for managers to navigate this topic

By cultivating a work environment where mental health is not a taboo subject, this builds trust, resilience and enables a company to recover quickly from a crisis.

## APPOINT MENTAL WELLNESS CHAMPIONS



Advocating for employees' mental well-being requires continual effort and everyone's support. Appoint mental wellness champions within your company to safeguard your employees' mental health. Mental wellness champions are ambassadors driving mental well-being initiatives in your company to enable a positive working environment. In addition, access to mental health resources such as a counsellor or therapist could also be made readily available for employees.

## STRENGTHEN RESILIENCE IN THE WORKFORCE AND COMMUNITY



Putting your employees' mental well-being first builds trust within the company. During difficult times, this may help with workforce retention along with ensuring better job satisfaction. This culminates into greater business resilience and mental fortitude in dire times.

Click [here](#) for more information.

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