



# TOP 10 TIPS: SUPPORTING MENTAL HEALTH WHEN WFH

## Practical Tips from our P&D team to yours



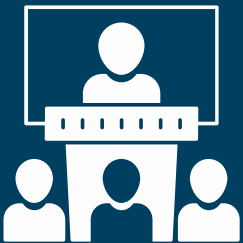
1. First and foremost – contact is important. Online, virtual face-to-face discussions including checking in and asking everyone how they are doing



2. Having a safe space – Giving employees time to express their feelings

3. Have peers check in on peers

4. Create new connections within organisations – encourage new professional friendships with colleagues



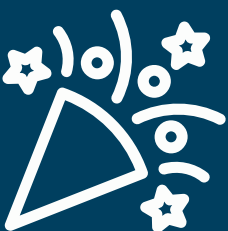
5. Online social events – e.g. virtual coffees, virtual drinks, virtual trivia – these shared experience create memories and change the routine of day to day



6. Hosting special speakers (i.e. Beyond Blue have a great volunteer speaker program)

7. Encourage leave where employees 'down tools' and unwind, even if they don't travel

8. Survey employees – don't assume... ask them confidentially what they want and need



9. Keep up the exercise and healthy eating... it's amazing the amount of positive endorphins that this brings about

10. Celebrate wins... in times of difficulty, employees need additional and frequent recognition

Please note these practical tips do not constitute legal advice.