

# Your Well-Being Matters this Holiday Season

Bring It to the Surface is an initiative designed to bring mental health and wellness conversations to the forefront. It's not about reinventing the wheel, it's about making sure you and your team are informed, supported, and equipped with the tools and resources that already exist within your company and community.

## \* WHAT'S THE FIRST STEP I CAN TAKE AT MY WORKPLACE?

Learn what resources are available to you at work. Start by accessing your company's Employee Assistance Program (EAP) to see what supports are offered.

## \* ACCESS & LEARN ABOUT YOUR EMPLOYEE ASSISTANCE PROGRAM

EAP Programs can include **SUPPORT FOR** areas such as:

- Confidential counselling (stress, anxiety, depression, grief)
- Addiction and substance use support
- Family, relationship, and workplace conflict support
- 24/7 crisis or immediate support line
- Financial and basic legal advice
- Referrals to longer-term or specialized service
- and more!

## \* CHECK IN ON YOURSELF



<b>The Mental Health Continuum</b>			
SIGNS & INDICATORS			
HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> <li>• Normal fluctuations in mood</li> <li>• Normal sleep patterns</li> <li>• Good energy level</li> <li>• Physically well</li> <li>• Performing well</li> <li>• Socially active, good sense of humor</li> </ul>	<ul style="list-style-type: none"> <li>• Nervousness, irritability</li> <li>• Sad, overwhelmed</li> <li>• Trouble sleeping</li> <li>• Tired/low energy</li> <li>• Forgetfulness</li> <li>• Muscle tension, headaches</li> <li>• Procrastination</li> <li>• Decreased social activity</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety, anger, pervasive sadness, hopelessness</li> <li>• Negative attitude</li> <li>• Restless or disturbed sleep</li> <li>• Decreased performance, poor concentration</li> <li>• Social avoidance or withdrawal</li> </ul>	<ul style="list-style-type: none"> <li>• Angry outbursts/aggressive</li> <li>• Excessive anxiety, panic attacks</li> <li>• Depressed/suicidal thoughts</li> <li>• Unable to fall or stay asleep</li> <li>• Exhaustion, physical illness</li> <li>• Unable to perform duties, absenteeism</li> <li>• Isolation, avoiding social events</li> </ul>
ACTIONS TO TAKE AT EACH PHASE OF THE CONTINUUM			
HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> <li>• Focus on task at hand</li> <li>• Break problems into manageable chunks</li> <li>• Identify and nurture support systems</li> <li>• Maintain healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize limits</li> <li>• Get adequate rest, food and exercise</li> <li>• Engage in healthy coping strategies</li> <li>• Identify and minimize stressors</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and understand own signs of distress</li> <li>• Talk with someone</li> <li>• Seek help</li> <li>• Seek social support instead of withdrawing</li> </ul>	<ul style="list-style-type: none"> <li>• Seek consultation as needed</li> <li>• Follow health care provider recommendations</li> <li>• Regain health</li> </ul>

theworkingmind.ca

**You Are Never Alone**

**For more tools, resources, and guidance, visit:**

[www.cdda.ca/healthandwellness](http://www.cdda.ca/healthandwellness)

Together, we can Bring It to the Surface and ensure every worker feels safe, supported, and valued.