



CHAMPIONS

CORPORATE MENTAL HEALTH PROGRAM

MENTAL HEALTH PLAYBOOK



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INSPIRE EMPLOYEE RESILIENCE

Effective managers ask these three questions to validate employee feelings, identify healthy mindset shifts, and inspire work performance.

3 EMPOWERING MENTAL HEALTH QUESTIONS

- 1.** How has your work life and personal life been impacted by the Coronavirus?
- 2.** How are you doing mentally and emotionally with all of these changes?
- 3.** How else can we support your mental health and emotional well-being at this time?

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MENTAL HEALTH TRAINING

FAMILY LEADERSHIP & MENTAL WELLNESS

Effective leaders communicate with family members regularly to support their emotional wellbeing, mental stability, social connection.

5 EASY STEPS FOR FAMILY WELLNESS GATHERINGS

1. Select a day and time to schedule a 1-hour online family wellness gathering (i.e., Sat @ 1:00pm)
2. Create an online calendar invitation and include a link to your online meeting location (Zoom, Webex, Hangouts, etc.).
3. Add your family members' emails and send out the calendar invitation.
4. Facilitate the gathering to include 5 deep breaths, silent meditation for 2-minutes, emotional check-in including 3 feelings each, and 3-4 minutes for each person to talk uninterrupted about how they are doing at this time.
5. Repeat the gathering at the same time the following week to build consistency.

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SHELTERING ALONE CONFIDENTLY

Take proactive steps to reduce loneliness
by strengthening

5-STEPS FOR SHELTERING-AT-HOME ALONE CONFIDENTLY

- 1.** Consciously acknowledge the impacts of your skin being touch deprived.
- 2.** Journal for 5-minutes on your feelings about sheltering-in-place alone.
- 3.** Meditate for 3-minutes on your feelings about sheltering-in-place alone.
- 4.** Openly discuss your feelings with team members, family, and friends.
- 5.** Courageously say “no” to extra work given to you because you are alone.

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MENTAL HEALTH TRAINING

YOUR SUCCESS TEAM

For explosive results, sharp professionals build strong successful teams around them for support. This includes mentors, allies, therapists, sponsors, coaches, and colleagues with the following 7 qualities.

7 QUALITIES FOR PEOPLE ON YOUR SUCCESS TEAM

- 1. They remember important facts about you and your life.**
- 2. They openly share their wisdom and insights with you.**
- 3. They make themselves available to you time wise.**
- 4. They explore creative possibilities for your life.**
- 5. They are genuinely excited to talk to you.**
- 6. They are unguarded in their disposition.**
- 7. They willingly hold you accountable.**

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