



HEALTHY MIND ACADEMY

Providing courses and programs, mastermind groups and coaching focused on leadership excellence.

Creating a Culture of Mental Health: A Checklist for Team Leaders

Use this checklist as a guide to promote mental health within our team and open up discussions about our well-being:

1. Encourage open and honest communication about mental health.
2. Create a safe non-judgmental space to share experiences.
3. Foster a culture that removes the stigma around mental health.
4. Educate ourselves and the team about mental health and well-being.
5. Promote work-life balance and set realistic expectations.
6. Encourage regular breaks and time off to recharge.
7. Support team members in seeking professional help when needed.
8. Provide resources and information on mental health services.
9. Promote self-care practices. Encourage team members to prioritize well-being.
10. Foster a positive and supportive work environment.
11. Encourage mindfulness and stress-management techniques.
12. Promote regular exercise and physical activity for overall well-being.
13. Support team members in setting boundaries and managing workload.
14. Encourage self-reflection and personal growth.
15. Foster a sense of community and connection among team members.
16. Encourage peer support and accountability.
17. Lead by example in taking care of your own mental health.
18. Promote work practices that minimize stress and burnout.
19. Celebrate achievements and milestones as a team.
20. Provide opportunities for professional development and growth.
21. Encourage feedback and constructive discussions.
22. Regularly check in with team members about their well-being.
23. Be aware of signs of mental health struggles and provide support.
24. Encourage self-awareness and emotional intelligence.
25. Continuously evaluate and improve our mental health initiatives.

Comments:

By using this checklist, we aim to create a space where mental health is prioritized, and team members feel supported in their well-being journey. Let's discuss and implement these practices during team meetings, fostering a culture of caring, genuine help, and making a positive impact on each other's lives. Together, we are stronger, and together, we can create a workplace that values and nurtures the mental health of our team members.

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