

TAKING CARE OF YOUR EMPLOYEES' MENTAL WELL-BEING!

A manager toolkit to help your team members cope.

During times like this your employees are turning to you, as their leader, for guidance on how to manage their work life as well as stress in their day to day lives. As managers, with your own set of stressors to manage, this toolkit is provided with information to help you guide your team in taking care of their mental wellbeing. Strive for your own mental wellbeing and challenge them to find a good work-life balance along with you. Provide them with tools to care for their mental health during a time of crisis and show them know it is okay for them to take a break to take care of themselves.



TAKE CARE OF YOU!

Creighton University Leadership is committed to the safety and welfare of our faculty and staff community throughout these unprecedented circumstances. We want to provide a little something extra for those who may be experiencing unusual stress and anxiety during this time of concern.

*Thank you for the care that you are demonstrating for our community, and please share with us your own ideas on managing personal well-being. We will continue working through this period of uncertainty **together** as a Creighton Community.*

STRESS & RESILIENCE

Stress is the body's non-specific response to anything perceived as a threat. Because the stress response shows up differently in different people, it's important for you to recognize your system's signals of distress. A few of these signals may include:

- Body soreness/stiffness
- Fatigue
- Lack of hunger/stress eating
- Isolation/loneliness



Resilience is the ability to prepare for, recover from and adapt in the face of adversity. Think of resilience as the energy you have stored in an inner battery—this energy powers you physically, mentally and emotionally during times of stress. A high level of resilience or a fully charged inner battery, means you can more easily “roll with the punches” and flow through life's challenges rather than become overwhelmed, further draining your energy reserves.

Check out the following page for resources to gain strength and resilience during uneasy times:

EMOTIONAL WELLBEING

During stressful situations, our emotions can be in overdrive. Feelings of frustration, anger, resentment, fear, and anxiety quickly burn energy from our emotional well-being. One way to calm stress, manage your energy and build resilience is *Heart-Focused Breathing*. This type of deep breathing settles the system down and builds resilience. Resilience gives the benefits of better sleep, increased ability to focus, to process information, to solve problems, and to relate to others.

Heart-Focused Breathing: Focus your attention to your heart. Imagine your breath flowing in and out of your heart or chest, breathing a little slower and deeper than usual. Find a balanced rhythm that is comfortable for you.

OTHER RESOURCES

Here is a list of other resources to take care of you, inside and out:

- ❖ [Creighton Employee Wellness](#)
- ❖ [Creighton's Employee Assistance Program](#)
- ❖ [Creighton Recreation & Wellness](#)
- ❖ [Creighton Mind, Body, and Spirit](#)
- ❖ [30 Second Deep Breathing Exercise](#)
- ❖ [Kindness Resources](#)



SOCIAL CONNECTION

Remote working, social distancing, and self-quarantine can lead to deep feelings of isolation and loneliness. Social connection is one of our basic human needs along with food shelter and safety. Do everything you can during these trying times to keep your social connections alive and well. Here are a few things you can do:

- ❖ Participate in online communities or groups through social media outlets.
- ❖ Keep your typical daily connections by texting, calling, and video conferencing with friends and co-workers.
- ❖ Check in with family members.
- ❖ Wave hello to neighbors on your daily walk.



TAKE ACTION!

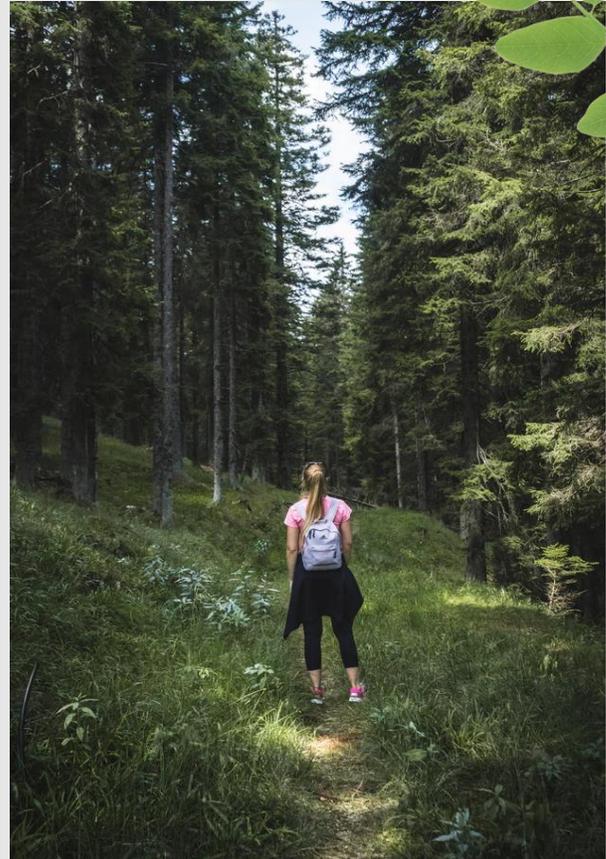
Ideas to help your team

STAY CONNECTED

- Schedule daily video chat check ins with those on your team.
- Use instant message programs to stay connected socially and encourage informal communication.

INCORPORATE FUN/KINDNESS

- In all-staff meetings recognize those who are going above and beyond during this crisis time.
- Create a fun challenge for your team. Ideas include:
 - The most creative meal/snack
 - Scavenger hunt to find things of a certain style or color while on a walk outside (I.e. who can find the most items that are blue)
 - Send out a mindfulness practice to complete each day in each week.
 - Assign someone on the team to own coming up with that weeks “fun”!



DEFINE SCHEDULE/ACCOUNTABILITY

- Identify when employees are expected to be available.
- Share flexibility in work hours for employees who may be helping children with online learning, etc.

ENCOURAGE BREAK TIME

- Send an email to your team when you take a walking break throughout the day.
- Encourage staff to take a lunch break and send pictures of meals away from their desk.
- Utilize your Wellness Team to provide a short virtual stretch break.