



Recharging Mental Health to Manage Stress

May is National Mental Health Awareness Month, a perfect time to consider ways to recharge your mental health. Thinking of our mental health as a battery helps us understand the importance of self-care and rest. When our mental battery is low, we often feel stressed or overwhelmed. Taking time to recharge can help us manage stress, restore our mental energy and improve our well-being.



Tips to support your own mental health

- [✓] Care for your mental health the same as you would your physical health.
- [✓] Practice mindfulness and gratitude to reduce stress, anxiety and depression.
- [✓] If you are struggling, don't be ashamed to ask for support.
- [✓] Do things that bring you joy.
- [✓] Be compassionate and kind to yourself.
- [✓] Eat healthy, exercise and get plenty of sleep.

How to Support Each Other



NOTICE: Let's use a little caring. Take time to NOTICE your co-workers, even on the screen. Do they look and/or sound like they're doing okay? Notice any big changes in mood or actions?



ENGAGE: If we notice a co-worker in any form of distress, use compassion and ENGAGE them. Ask them how they are doing and let them know you care. If you feel they aren't doing well, let them know that you are worried about them and want to help.



SUPPORT: Only if they're open to talking, offer SUPPORT. You don't need to solve their problem, just be present. Listen to them and, if you feel they need help in finding help, let them know they should contact the [Employee Assistance Program](#) (EAP).

MAY SMARTIE GOAL:

Engage your team about mental health and stress reduction, and urge team members to complete the KP Mental Health Training. Set a team goal to have 100% completion of the training. Make the goal Inclusive and Equitable by working with all team members — and those on all shifts — to ensure everyone can complete the training.

MENTAL HEALTH REMINDER:

Go to kp.org/employeementalhealth to find all the resources KP has to offer to support your mental health, including education, talking with someone, self-care resources, classes, and much more.

