

WORKPLACE MENTAL WELLNESS CHALLENGE

May is Mental Health Month, but you can promote employee well-being any time of year. One way you can do this is to offer a Mental Wellness Challenge.

Launching a Challenge can give your employees a fun, educational way to improve their mental health. Together they can connect, learn and feel refreshed at work. If you need a place to start, consider following these simple steps:

1. Define your "Challenge"

Choose a Challenge that fits your culture, is easy to execute and meets your objectives. For example, New Directions did an online quiz with prizes within a two-week time frame.

2. Set goals and a deadline

Pick goals you want to achieve, such as "engage 60% of employees." Choose a time frame in which you want to complete your Challenge (e.g., two weeks).

3. Choose your rewards

Find something to give your employees that motivates them to participate in the Challenge. Good examples may be jeans days, promotional gear, food days or gift cards.

4. Communicate and launch the "Challenge"

Ahead of time, get your employees excited about the Challenge, and let them know what to expect. Dates and details are important.

5. Measure its success

After your Challenge is over, determine how close you came to achieving your goals. In addition to measuring the facts and figures, collect subjective feedback and share it with your stakeholders.

Last year, New Directions did its own Mental Wellness Challenge. Not only did we beat our participation goal, our employees asked for more.

See the details of our Challenge on the next page.

May you all win on your journey to improved health!



Mental Health Month

Employee Challenge Example

WHAT YOU NEED TO DO

Complete the steps below by May 31.

WHAT YOU CAN WIN

A chance to win gift cards and other fun prizes.

1. Share: Health Changes, Real Results

Simple and smart changes lead to a healthy mind, body and soul.

Update your Skype for Business Lync status with one way you will focus on your mental health this month.

2. Express Sincere Gratitude: Focus on Others

People yearn to be appreciated and thanked. Tell a colleague or

loved one how much you appreciate them. Email or write a thank you note to at least one person.

3. Spread Awareness: Reduce the Stigma

Mental health still has a stigma associated with it. Wear green on Wednesdays during May to stand up and spread awareness for mental health.

4. Celebrate: Enjoy Good Health

Complete a short survey and be entered to win cool prizes.