



MAINTAINING MENTAL HEALTH

DESCRIPTION OF COURSE

Mental health plays an important role in how we work, communicate, manage stress, and support others in the workplace. *Maintaining Mental Health* is a practical course designed to help participants build everyday strategies to support strong mental health and workplace well-being.

Through discussions, activities, and real-world workplace examples, participants will explore emotional intelligence, stress management, focus and productivity, healthy workplace relationships, and ways to create more respectful and supportive workplace cultures. Participants will leave with practical tools and techniques that can be applied immediately to help improve well-being, resilience, communication, and overall workplace culture.

WHY TAKE THIS COURSE?

Maintaining Mental Health will help participants:

- Build practical strategies to support their mental health at work
- Improve focus, resilience, and stress management
- Learn how emotional intelligence impacts workplace well-being
- Explore ways to create respectful and inclusive workplace cultures
- Develop practical habits that support long-term wellness
- Strengthen communication and workplace relationships

TOPICS COVERED

Topics explored throughout *Maintaining Mental Health* include:

- Emotional intelligence and workplace well-being
- Stress management strategies
- Focus, productivity, and fragmented attention
- Mental wellness and mental hygiene practices
- Civility, inclusion, and respect in the workplace
- Building healthy workplace relationships
- Psychological health and safety
- Mindfulness and resilience strategies
- Practical workplace wellness tools and techniques

LEARNING OUTCOMES

By the end of *Maintaining Mental Health*, participants will be able to:

- Recognize factors that impact workplace mental health and well-being
- Apply practical strategies to better manage stress and maintain focus
- Understand the role emotional intelligence plays in workplace relationships
- Promote respectful communication and inclusive workplace practices
- Develop personal habits and routines that support mental wellness

