Be a Mindful Employee

Balance

What can you do?

Keep communication open with your supervisor, family and friends to help manage the balance between work and personal life demands.

We all contribute to positive psychological health and safety.

University of Regina

Mental Health Commission of Canada
Be a Mindful Employee

**Civility & Respect**

Show esteem, care and consideration.

Respect the perspective of others.

Acknowledge each person’s dignity.

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Ensure you understand what is being asked of you by maintaining effective two way communication.

Strive to clarify any issues that arise.

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Be a Mindful Employee Engagement

Make a reasonable effort to get involved in events or activities taking place in your workplace

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Be proactive and seek out opportunities to improve your skills and competence.

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Be a Mindful Employee
Improvement and Influence

What can you do?

Share your opinion when asked.

Offer alternatives and solutions in a way that respects the ideas and opinions of others.

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Be a Mindful Employee
Organizational Culture

What can you do?

Be understanding of co-workers concerns.

Consider how your behaviour could impact the psychological health and safety of colleagues.

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Be a Mindful Employee
Protection of Physical Safety

What can you do?

Ensure that management is made aware of any workplace hazards.

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Psychological & Social Support

What can you do?

If you notice someone is struggling, take the time to approach them.

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Psychological Demands

Make a list of demands that may require additional support and discuss with your supervisor.

Seek out guidance from someone who has learned to manage similar demands.

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Be a Mindful Employee
Psychological Protection

What can you do?

Speak up when you witness violent, aggressive, or inappropriate behaviours or actions.

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Be a Mindful Employee
Recognition and Reward

What can you do?

Take the time to recognize and appreciate others for their efforts and contributions.

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Create a workplace plan and discuss with your manager or supervisor.

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