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.

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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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Clear Leadership & Expectations

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

Strive to clarify any issues that arise.

What can you do?

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Mental Health Commission of Canada
Be a Mindful Employee Engagement

What can you do?

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

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Growth & Development

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

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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

Ensure that management is made aware of any workplace hazards.

What can you do?

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

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Be a Mindful Employee
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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Psychological Protection

What can you do?

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

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Recognition and Reward

What can you do?

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

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Workload Management

What can you do?

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

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