

# Plan member/employee reference guide

Workplace Strategies for Mental Health is a leading source of free, practical tools and resources designed to help employers, leaders and employees develop, support and maintain psychological health and safety for all.

Below are examples of tools and resources available on the Resources for employees section of the website [workplacestrategiesformentalhealth.com](https://workplacestrategiesformentalhealth.com). These tools and resources can be useful for anyone on-leave, returning to work, or at work to support psychologically healthy workplaces.

## **At Work**

### Coping with change

Explore how you can navigate change in ways that help you accept and adapt to changes that are outside your control.

### Dealing with a stressful boss

Strategies to help employees maintain their well-being while working with a boss they find difficult.

### Mental health awareness videos

Video interviews with people who experienced mental health issues at work discussing what helped.

### Prevent burnout

Strategies to help identify risks and prevent burnout for yourself.

### Resolving personal conflict

Tips and techniques to use when dealing with conflict. These strategies are intended to help you resolve issues yourself.

### Self-doubt and impostor syndrome

Explore what impostor syndrome is, what triggers it, and how you can take action to address your self-doubt.

### What is an Employee Assistance Program (EAP)?

Learn what could be offered and how your confidentiality is protected with an Employee Assistance Program.

### Work-life balance tips

Balancing your work and personal life can be challenging and stressful at times. These tips and strategies can help.

## **Getting help**

### Assessing your current situation

Ask yourself these questions to get a picture of what's going on with you right now.

### Family issues

Resources to help cope with family issues such as divorce, separation, grief and loss that can result in family breakdown.

### Preparing for a difficult conversation

Taking a few moments to reflect on your assumptions and intentions before beginning a difficult conversation can set you up to be more effective.

## [Supportive conversation library](#)

Questions and strategies to help you have a supportive conversation with someone you care about on difficult topics like mental health, stress, addiction, anger, abuse or lying.

## [Virtual support groups](#)

Online support groups for a wide variety of mental or physical health issues.

## **Personal Growth**

### [Emotional intelligence for employees](#)

Free activities to increase your ability to manage your reactions and control how you impact others. Building your emotional intelligence can help reduce stress.

### [Managing stress](#)

Learn how to manage your reactions to stress and protect your well-being.

### [Mental health apps](#)

Links to free evidence-based apps, some with paid options, which can help with your mental health and wellness.

### [Resilience](#)

A tool to help you bounce back after a health, personal or work crisis. This resource helps you develop healthy coping strategies to deal with life's challenges.

## **Other resources**

### [A tool to support employee success](#)

A process that engages employee and employer to develop solutions that support productivity and well-being. Supporting Employee Success is for any employee, including those needing accommodation.

### [Responding to co-worker questions](#)

Quick and practical tips for responding to co-worker questions.

## **Subscriptions**

### [Mental Health Awareness Emails](#)

Increase your mental health awareness in five minutes a week with this email series delivered to your inbox.

### [Take Your Break free emails](#)

Subscribe to weekly Take Your Break emails for activities that support good mental health at work. These low to no-cost break activities can help you energize, calm your mind or relax your body.

## **Can't find what you're looking for?**

Try using the Search function found at the top right-hand corner of the web page.

---

All Workplace Strategies for Mental Health resources are available to anyone at no cost, compliments of Canada Life.

Canada Life and design are trademarks of The Canada Life Assurance Company.

Workplace Strategies for Mental Health and design are trademarks of The Canada Life Assurance Company.