



# MOVE FOR MENTAL HEALTH

Support employee **mental health** in the workplace by promoting physical activity and community resources.

## IN THE WORKPLACE

Employees spend one third of their lives at work. Core job functions, coworker relationships and workplace policies can be designed to support employee engagement, retention and mental health. Here are a few stats:

- 78% of workers agree that workplace stress affected their mental health.
- 4 in 5 workers report that workplace stress affects their relationships with friends, family and coworkers.
- 60% of workers have never spoken to anyone at work about their mental health status.

## PROMOTE PHYSICAL ACTIVITY

Physical activity has an immediate affect on the brain, reducing stress and anxiety while improving focus and mood and has been shown to reduce the severity of depression and other mental illness. Here are few ways to get started:

- Find out how your employees are feeling. Conduct a [mental health survey](#).

- Make it easy for employees to add physical activity to their daily lives at work by offering on-site wellness programs and facilities.
- Encourage movement at work by changing meeting schedules and guidelines that incorporate movement.
- Encourage participation in community walk/run events.

## COMMUNITY RESOURCES

There are a variety of FREE community resources, programs and tools in the community that employees can access to support their health and well-being.

Learn more at [healthyfranklincounty.org/moveformentalhealth](https://healthyfranklincounty.org/moveformentalhealth).

