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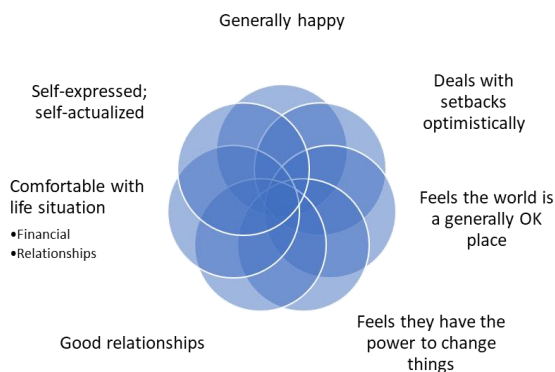
Employee Ways to Health

When asked to address safety and health, I cannot help but think about the bigger picture. A holistic view of the health of your employees automatically assumes that mental health is important, upheld, and supported by your guidelines and protocols. But is it? Ask yourself...

Do you include mental health and wellness in your definition of culture?

- Do you provide mental health resources for your employee? SUPPORT
- Do you attempt to destigmatize discussions surrounding mental health? LISTEN
- Do you reward employees for seeing therapists, counselors etc.? UPHOLD

How do we define mental wellness?



What creates mental health?

- Good diet and sleep habits
- Regular exercise / trainings
- Stick to your plan
- Understanding of health/fitness
- Instruction and education
- Motivation – encouragement and access to resources
- Others who are similar discussing openly

So, next time you are thinking about what topics to cover during your all hand's meeting, and you're sifting through OSHA compliance and inspection articles, consider approaching it from a different perspective and dive in to mental health a little deeper. I think your employees will enjoy what you are able to discover together.

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