

7 WAYS

to feel good about yourself

Working together... to promote mental health

Workplace

Members:

Bas-Saint-Laurent | Chaudière-Appalaches
Côte-Nord | Haut-Richelieu
Lac-Saint-Jean | Québec | Rive-Sud
Saguenay | Pierre-De Saurel

We wish to thank:

Ministère de la Santé
et des Services sociaux

SOLAREH
Expert en santé psychologique

Capsana

ekodéfi

ACCEPT YOURSELF

Acknowledging your abilities and admitting your mistakes builds confidence

Finding new ways of doing things helps you overcome obstacles

EXPLORE

MAKE CHOICES

Taking initiative and assuming responsibility for your choices is motivating and empowering

Developing stimulating relationships based on mutual respect promotes a feeling of belonging

FOSTER RELATIONSHIPS

TAKE ACTION

Staying true to your values is invigorating

Listening to yourself and others promotes teamwork

FEEL THE MOMENT

REENERGIZE

Unwinding, sharing ideas and educating yourself energizes you and helps you work more effectively

etrebiendanssate.ca

Mouvement Santé mentale Québec is a group dedicated to promotion and prevention in the field of mental health.

Promouvoir. Soutenir. Outiller.

**MOUVEMENT
SANTÉ MENTALE
QUÉBEC**

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Managers and employees
working together to promote
mental health!

ACCEPT OTHERS

Recognize the value of colleagues and employees and allow them to learn from their mistakes

Be open to different points of view and new ideas

EXPLORE

MAKE CHOICES

Communicate objectives, provide the means for achieving them and encourage innovation

Encourage and take part in discussions, analysis and support

FOSTER RELATIONSHIPS

TAKE ACTION

Encourage co-workers' and employees' growth and development and promote a feeling of belonging

Be in tune with your environment to promote wellness and productivity

FEEL THE MOMENT

REENERGIZE

Find a change of pace to help you unwind and recharge the batteries

Become part of the movement to achieve wellness in the workplace.