



**#talkaboutit**

## **Corporate Conversations**

### **Guidelines**

*Thank you for participating in HopeWay's community awareness campaign, **#talkaboutit**. We hope this initiative will inspire open conversations about mental health and wellness, with the assumption that making connections with others in this way will spread hope among friends, families, and colleagues. We encourage small organic groups ranging from two to ten people to gather in person or virtually for these discussions. Some small group examples are supper or book clubs, women's or men's groups, or departments within a corporation. Below are some guidelines for having healthy conversations about what can be sensitive and personal topics.*

- **Listen:** Let each person finish their sentences and complete thoughts without interrupting – only one person should be talking at a time.
- **Avoid being judgmental:** This should be a safe place to share experiences and emotions.
- **Take everyone seriously:** Steer away from any language that may minimize or dismiss how a person is feeling, such as, "You were just having a bad month" or "Everyone goes through that."
- **Confidential:** What is discussed and disclosed during the conversation should stay within the group.
- We encourage groups to start with the first question, but if you feel like a different question might be more relatable for participants, then start with that question.
- It is ok if your group does not make it through all the questions or chooses to skip some questions - the goal is to have an open conversation.

At the conclusion of the conversation, we encourage you to print the **#talkaboutit** sign included in the pdf. Please initial the sign to acknowledge the important conversation. Then snap a photo!

### **Post #talkaboutit**

We believe that hope is contagious, so help us spread the word by posting about your experience.

- 1) Post your photo to your social media channels within two to three days of your **#talkaboutit** conversation.
- 2) Make sure to include your initialed sign.
- 3) Please include **#talkaboutit**, #hopetalks and tag @hopewayclt so we can all be connected!
- 4) On World Mental Health Day, Saturday, October 10<sup>th</sup>, 2020 post the **#talkaboutit** image (with above tags and hashtags) provided by the HopeWay team the week before, as a way to send a strong message about the importance of talking about mental health.



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**Corporate Conversations**

1. How do you manage work/life balance to promote mental and physical well-being?
2. How can you maintain good mental well-being while at work?
3. How do you create healthy boundaries between work and home life?
4. What is your comfort level in discussing your own mental health with your employer and/or co-workers?
5. Do you find that mindfulness can be helpful in managing work-related stress?
6. How do you deal with work-related stress before it leads to higher levels of anxiety or depression?
7. Does your workplace offer an Employee Assistance Program that you could utilize if you feel your mental health is compromised?
8. How does the stigma of mental health interfere with asking for help in the workplace when you need it?
8. Why do you think mental health is so important in the workplace?
9. How would you define a “mentally healthy workplace”?
10. What activities can you do outside of the workplace to promote positive mental health?
11. What are the signs of burnout, and how can this impact your mental health, job satisfaction, performance, and overall wellness?

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