

Mental Wellness Tools for ORGANIZATIONS

The documents available on this page are intended to help Michigan employers plan and implement employee wellness programs — or expand the ones they already have.

Supporting mental wellness has become more challenging since the COVID-19 pandemic brought uncertainty, isolation, and significant changes into our lives. The Stay Well program created this toolkit to be a collection of ready-made resources for private companies, nonprofits, government agencies and other organizations big and small.

Tools for Starting a Wellness Program

[Wellness Initiative Letter to Colleagues](#). Provides sample language to notify staff of intentions to begin a team-oriented wellness program.

[Wellness Glossary](#). Definitions of wellness-related concepts.

[Wellness Survey Template](#). Sample questions for administering a staff survey to help focus programming and activity efforts.

[Incorporating Wellness into the Workplace](#). Strategies for starting or expanding a mental wellness program.

[Wellness Program Flowchart](#). A guide to create, implement and maintain a successful wellness program.

Wellness Programming Resources

[Workplace Wellness Activity Ideas](#). Numerous suggestions for wellness activities that can help support a connected and restorative workplace.

[Supporting Wellness: Tips for Supervisors](#). Recommended practices for supervisors to regularly check in with staff members and support their wellness needs.

[Bring Wellness to your Next Meeting](#). The activities in this handout can encourage connection, promote collaboration and increase energy within staff groups.

Handouts and Worksheets

[Introduction to Dimensional Wellness](#). A chart showing descriptions of the eight dimensions of wellness. Here are links to handouts exploring each individual dimension:

- a. [Physical Wellness](#)
- b. [Financial Wellness](#)
- c. [Social Wellness](#)
- d. [Spiritual Wellness](#)

- e. [Environmental Wellness](#) f. [Emotional Wellness](#)
g. [Occupational Wellness](#) h. [Intellectual Wellness](#)

1. [Centering Wellness Worksheet](#). Helps individuals reflect on the dimensions of wellness they prioritize in their lives.
2. [Five Senses Grounding Exercise](#). A helpful visual for self-regulation and stress coping.
3. [Self-Compassion Exercises](#). Guide for individuals with ways to practice compassion for themselves and others.
4. [Self-Care Inventory and Planning Worksheet](#). Self-assessment that can help individuals learn more about strengths and weaknesses when it comes to wellness.

Ready-to-Go Slide Presentations

Understanding the Eight Dimensions of Wellness a. [Slide deck](#) b. [Presenter's narration](#)

Understanding the Pandemic's Effects on our Wellness a. [Slide deck](#) b. [Presenter's narration](#)

Understanding Wellness and Resilience a. [Slide deck](#) b. [Presenter's narration](#)

Resources on this website - This website (Michigan.gov/StayWell) is packed with information and online resources to support staff wellness, including:

- The number for Stay Well counseling line. Dial 1-888-535-6736 and press "8" any time of the day or night, any day of the week, to speak to a trained crisis counselor.
- [Registration links](#) to online discussion groups tailored to people in various life situations seeking emotional support. The groups meet once a week.
- Registration links to an ever-changing lineup of Zoom workshops for adults, teens and families.
- Stay Well [videos and webinars](#): these recordings can be shown during meetings or passed along in newsletters and emails. Click on the links to view and share content that will educate and enhance wellness efforts.
- Colorful Stay Well materials including educational posters, stickers, magnets and brochures to encourage healthy coping skills. Fill out and email the [order form](#). Ordered items are printed and shipped free of charge to Michigan residents. Or simply download the materials to a computer and print them yourself.