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# BUILD A SUPPORTIVE CULTURE

Encourage teamwork and strong relationships among employees.

## PRIORITIZE MENTAL HEALTH

Promote open discussions around psychological wellness.



## PROVIDE RESOURCES

Share tools for mental health support.



## ENCOURAGE REGULAR BREAKS

Short breaks improve focus and productivity.



## RECOGNIZE ACHIEVEMENTS

Celebrate small wins to boost morale.



## FOSTER WORK-LIFE BALANCE

Encourage time off and flexible schedules.

**TIPS FOR ENHANCING WELLBEING**  
Engagement Strategies

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