

EVERY PLANT HAS THEIR
OWN REQUIREMENTS
TO GROW...



AND SO DO PEOPLE



7 PHRASES TO DEVELOP A GROWTH MINDSET



**EVERY DAY IS A
FRESH START**

4

**MY VOICE
MATTERS**



**I AM
RESILIENT**

5

**I AM A
WORK IN
PROGRESS**

2



**I CAN
DO TOUGH
THINGS WITH
HARD WORK**

6



3



**CHALLENGES HELP
ME GROW**

7

**I AM
GRATEFUL FOR
WHAT I HAVE**



to be healthy as a

WHOLE

mental wellness

PLAYS A ROLE



KEEP
CALM

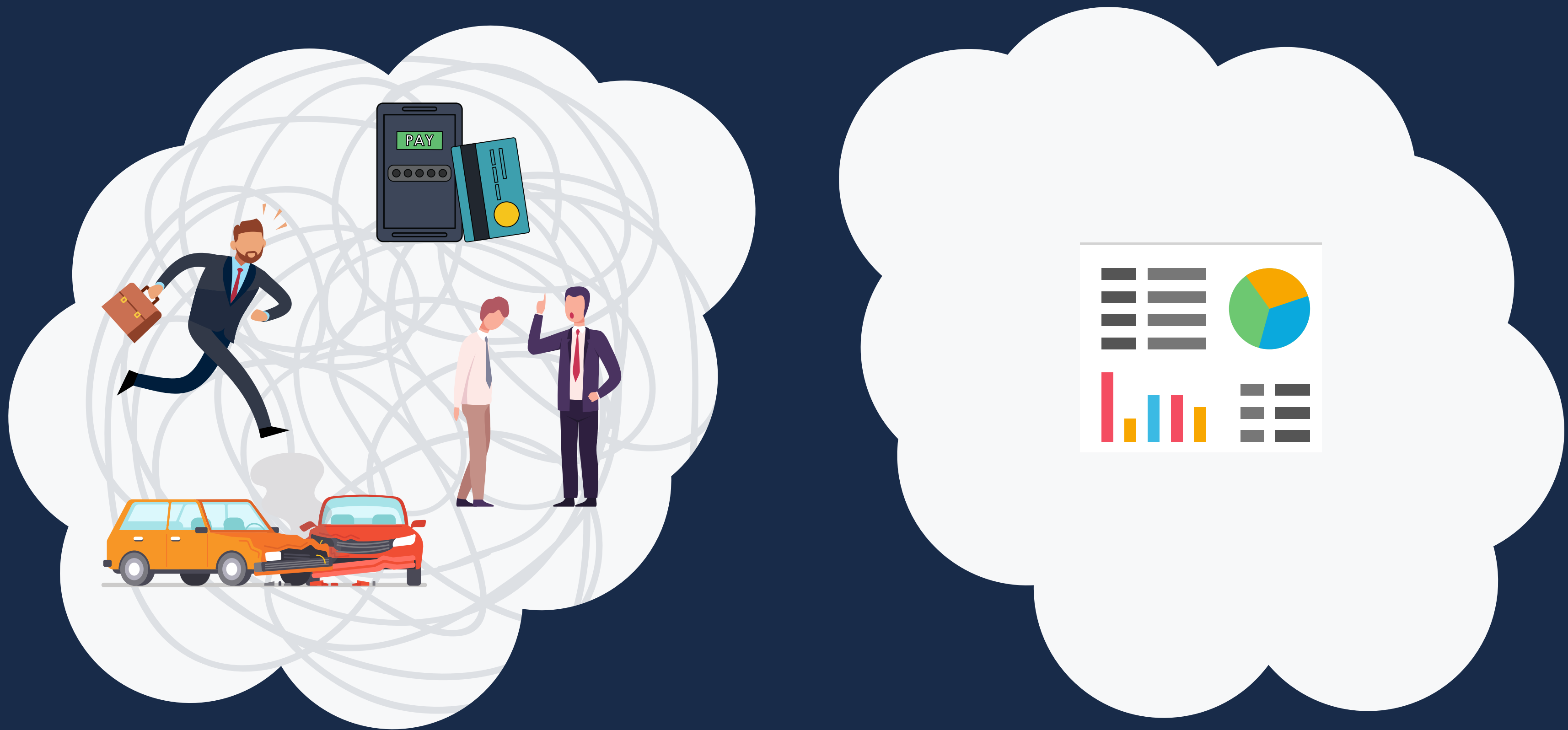
BECAUSE

it's good for you!

Manage stress.



Mind Full or Mindful?



**WORK
FREE
ZONE**

**Take a Restorative Break
Relax & Recharge!**

Help us keep this space safe from the stresses of work

WE CARE ABOUT



**We value employee well-being
and we want to promote a
healthy workplace for all of
our employees.**



TAKE A

**DEEP
BREATH**

Now, have a great day!

SELF-TALK

IDENTIFYING, CHALLENGING, & CHANGING



Your self-talk, whether you are aware of it or not, either supports (positive) or sabotages (negative) you. Positive self-talk encourages self-confidence, effective coping, achievement, and a general feeling of well-being. Negative self-talk can result in unnecessary stress, anxiety, depression, and self-doubt. So, ask yourself, “Is my self-talk building me up or tearing me down?” “Is my way of thinking helping me or is it hindering me?”

CHANGING YOUR SELF-TALK



CATCH IT

Recognize when you are having negative or unhelpful thoughts.



CONTROL IT

When you find yourself thinking negatively say STOP to yourself (silently).



CHALLENGE IT

Challenge what you are saying to yourself using the various questions below.



CHANGE IT

Change the negative messages you are saying to yourself to more realistic/positive ones.



CHERISH IT

Enjoy the moment and the feeling you have just created!

CHALLENGING YOUR THOUGHTS

- Is this thought helpful? What is a more healthy thought?
- What would I tell a friend in this situation? (perhaps follow this advice)
- What evidence do I have that what I'm thinking is really true? What is the evidence against it?
- Is there any other reason this situation could have occurred?
- Is there another way of looking at this situation? What are some other points-of-view?
- What is the worst/best/most likely outcome? If the worst does happen, how would I cope?
- Is there anything I can do about this right now? If yes, take appropriate action. If no, accept and move on.



**STRESS
FREE
ZONE**

STRESS LESS. WE'LL HELP.

Stressed out? Let us help you stress less and relax more.