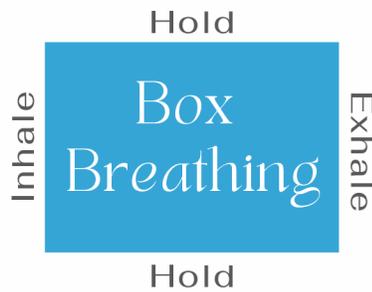
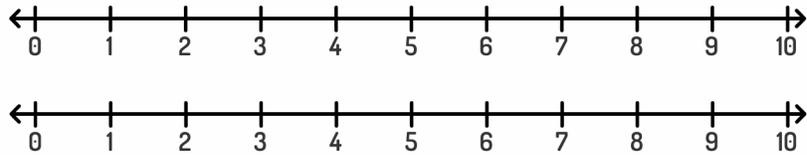


# Mental Wellness



## STRESS SCALE



## MENTAL WELLNESS CONTINUUM



## STAGES OF BURNOUT

- Exhaustion & Fatigue
- Mental/Emotional Distancing
- Negativity or Cynicism
- Reduced Efficacy or Shutdown

## SIGNS OF BURNOUT

- Unwilling to take on new duties
- Decrease in team involvement
- Increase in absences/illnesses
- Negative Attitude
- Sadness or Anger
- Poor job performance

## SUPPORT YOUR STAFF

- Talk About It
- Review Job Duties/Processes
- Examine Culture & Climate
- Consider Employee Value Package
- Provide Mental Health Resources
- Employee Recognition
- Encourage Short Breaks
- Team Events
- BE THE EXAMPLE!

## CONTACT DETAILS

-  [angela@sahowellco.com](mailto:angela@sahowellco.com)
-  [www.sahowellco.com](http://www.sahowellco.com)
-  706-897-6884

