

LifeSpeak Campaign — Mastering Mental Health

## LifeSpeak Campaign, October 2021

# Mastering Mental Health

Achieve Balance and Build Resilience in the Face of Uncertainty

## Overview

Mental health doesn't thrive on its own. Just as your body needs care and attention to stay healthy, your mind does too.

In *Mastering Mental Health*, our experts will teach you practical strategies to build and maintain a resilient mindset. Without one, the obstacles we encounter every day start to look a little taller and a little harder to overcome—our relationships suffer, and we find it harder to do the things we love. With the uncertainty of the past year, maintaining mental health has been particularly hard work. But don't worry. Our experts are here to help.

*Mastering Mental Health* will run from September 27th - October 15th, 2021.

All LifeSpeak content is verified and presented by leading experts to ensure accuracy and completeness. As in each of our quarterly educational campaigns, we share relevant content from our library with you, your employees, and their loved ones in a robust and engaging series of emails.

Below is a list of the training modules included in this campaign.

## Three weekly email topics

### Email 1: Mental Health: Yourself

The following training modules will be presented:

1. I think I may have PTSD. How can I know for sure?
2. Good Sleep Hygiene and Insomnia
3. How to Manage Your Emotions After Witnessing a Traumatic Event
4. How can I practice self-compassion when I am depressed?
5. Every competing demand on my time seems like it's top priority - how can I determine what really is?
6. Building Personal Resiliency in Times of Change

### Email 2: Mental Health: Your Family

The following training modules will be presented:

1. Can my child become depressed if I am?
2. How to Support Loved Ones With Post-Traumatic Stress
3. How to Talk to a Loved One Who Is Suffering From Depression
4. Making Flexible/Remote Work WORK with Family Life
5. Facing Fears is the Best Way to Manage Anxiety
6. Caregiving and Hope

### Email 3: Mental Health: Your Workplace

The following training modules will be presented:

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1. What are the indicators of psychological well-being in the workplace?
2. Compassion Fatigue (blog)
3. How can virtual meetings be improved?
4. Speaking to Others about Your Depression
5. Building Professional Resiliency in Times of Change
6. Creating a Mentally Healthy Workplace

## Access our experts.

### Dedicated Ask the Expert webchat

Campaign participants will be encouraged to add our "Ask the Expert" webchat to their calendars on October 13th for English-speaking users and October 14th for French-speaking users, both at noon ET. Participants will have direct access to Janna Comrie in English and a still to be determined expert in French. These LifeSpeak experts will answer users' questions about mental health. Chat participation is entirely anonymous and confidential.