

**Employer Check-in Tip Sheet**

<b>Initial Check-in Questions</b>	<b>Follow-up Questions</b>
<ul style="list-style-type: none"> <li>• Do you feel like you can balance your well-being and job on a daily basis?</li> <li>• How do you feel you manage your stress levels at work?</li> <li>• What do you do to relax outside of working hours and how does it revitalize you?</li> </ul>	<ul style="list-style-type: none"> <li>• Are you aware of the resources available to you?</li> <li>• Is there anything I can do to help connect you with one of our resources?</li> <li>• What can I do to help you feel supported?</li> <li>• When is the best time to check in with you again?</li> </ul>
<b>Self-Care Tips</b>	<b>Resources</b>
<ul style="list-style-type: none"> <li>• Find ways to relax that you enjoy; yoga, meditation, nature walk, getting a massage</li> <li>• Do something you enjoy everyday</li> <li>• Live healthy; eat healthy foods, exercise regularly, avoid drugs and alcohol, routine medical check-ups</li> <li>• Stay socially connected; Spend time with friends and family to develop sense of belonging</li> <li>• Make sleep a priority</li> <li>• Set attainable goals and priorities</li> <li>• Set health work-life boundaries—use your PTO to give yourself time to recharge</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.nami.org">https://www.nami.org</a>/<a href="https://mhanational.org/">https://mhanational.org/</a></li> <li>• <a href="https://recoveryohio.gov/">https://recoveryohio.gov/</a></li> <li>• Work EAP</li> <li>• <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a> - Text “Home” to 741741 to connect with a counselor via text at any time.</li> <li>• <a href="https://www.mhanational.org/find-support-groups">https://www.mhanational.org/find-support-groups</a></li> <li>• <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a> 988</li> </ul>