

THE WORKPLACE WELLNESS HOUR

FACTSHEET

by Sumana Jeddy, Ashley Fluellen & Felipe Cofiño

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WWH Topic Name

MENTAL WELLNESS AT WORK: FIND YOUR FLOW STATE & REDESIGN YOUR DAY!



Discussion Topics

- ◆ Discover the power of finding your flow at work, boosting productivity, & enhancing mental wellness.
- ◆ Redesign your workday for a healthier work-life balance & reduced stress, with insights for employers and employees.
- ◆ Learn to recognize the signs of burnout & how to tackle them head-on, while also understanding how organizations can create supportive environments.
- ◆ Explore the importance of a supportive workplace culture in maintaining mental wellness, & how you can contribute to it.
- ◆ Gain valuable tools & techniques for effective stress management that benefit both you & your colleagues.

Opportunities/Resources

Employer Opportunities

- ◆ Flexible Work Hours
- ◆ Regular Breaks
- ◆ Goal Setting and Prioritization
- ◆ Utilizing Mental Health Resources
- ◆ Training on Stress Management

Individual Opportunities

- ◆ Set Clear Goals and Challenges
- ◆ Minimize Distractions
- ◆ Immerse Yourself in the Task
- ◆ Feedback and Progress Monitoring
- ◆ Balance Challenges and Skills

Flow State Theory

<https://positivepsychology.com/mihaly-csikszentmihalyi-father-of-flow/>