

THE WORKPLACE WELLNESS HOUR

FACTSHEET

by Sumana Jeddy & Felipe Cofiño

Topic Name

WORKPLACE WELLNESS HOUR'S SEASONAL SHIFTS AT WORK

🍁 *Impact of Autumn's Arrival!* 🍁
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Impact to workplace

- ◆ Seasonal Changes at Work
- ◆ Time Off Planning & Challenges
- ◆ Vacation Shaming
- ◆ Managing Change and Challenges

Solutions/Resources

- ◆ **Seasonal Changes at Work**
 - Regularly Update Workspaces
 - Promote Outdoor Breaks
 - Seasonal Goal Setting
- ◆ **PTO Planning & Challenges**
 - Advance Planning
 - Clear Communication
 - Flexible PTO Policies
- ◆ **Vacation Shaming**
 - Cultural Shift
 - Education and Awareness
 - Peer support
- ◆ **Managing Change and Challenges**
 - Change Management Training
 - Regular Check-Ins
 - Celebrating Success

How Seasonal Changes Can Impact Your Mental Health:

<https://www.jcmh.org/how-seasonal-changes-can-impact-your-mental-health/subheading>